



FIREMEN'S PARK CROSS COUNTRY COURSE MAP

2377 DORCHESTER RD., NIAGARA FALLS (Nov 8 update)

Start Time	Age Group	Distance	Sequence
9:30 AM	Masters	5 K	2 K LOOP + 3 K LOOP
10:15 AM	Senior Women	6 K	3 K LOOP + 3K LOOP
11:00 AM	Senior Men	10 K	1 K LOOP + 3K LOOP X 3
11:00 AM	Awards - Ontario Masters and Senior		
12:00 PM	Bantam Girls	2 K	2 K LOOP
12:15 PM	Bantam Boys	2 K	2 K LOOP
12:30 PM	Midget Girls	3 K	3 K LOOP
1:00 PM	Midget Boys	4 K	2 K LOOP + 2 K LOOP
1:15PM	Awards - Bantam and Midget		
1:30PM	Youth Girls	4 K	2 K LOOP + 2 K LOOP
2:00 PM	Youth Boys	6 K	3 K LOOP + 3K LOOP
2:45 PM	Junior Women	5 K	2 K LOOP + 3 K LOOP
3:30 PM	Junior Men	8 K	2 K LOOP + 3 K LOOP X 2
Awards - Youth and Junior and Over All Team			

