



**FRANK REYNOLDS MEMORIAL
CROSS COUNTRY MEET
OCTOBER 21, 2023**

DOLLARTON HIGHWAY

DEEP COVE

CATES
PARK

	START/FINISH
	LOOP A - 600m
	LOOP B - 900m
	LOOP C - 2100m

9:00am Course Walk Through, Package Pickup

9:30am	Boys/Girls	2016/17	600m	1xLoop A
10:00am	Boys/Girls	2015	1500m	1xLoop B+1xLoop A
10:30am	Boys/Girls	2014	1500m	1xLoop B+1xLoop A
11:00am	Boys/Girls	2013	2100m	1xLoop C
11:30am	Boys/Girls	2012	2100m	1xLoop C
12:00pm	Boys/Girls	2011	3000m	1xLoop C+1xLoop B
12:30pm	Boys/Girls	2010	3000m	1xLoop C+1xLoop B
1:00pm	Men/Women	U16	3000m	1xLoop C+1xLoop B
1:30pm	Men/Women	U18	4800m	2xLoop C+1xLoop A
1:30pm	Women	U20	4800m	2xLoop C+1xLoop A
2:00pm	Men	U20/Snr/Mast	6300m	3xLoop C
2:00pm	Women	Snr/Mast	6300m	3xLoop C

