

2018 Athletics Ontario and Ontario Masters Association Cross Country Championships



Start Time	Age Group	Distance
9:15 am	Masters	5000m
10:15 am	Senior Women	8000m
11:00 am	Remembrance Day Moment of Silence	
11:15 am	Senior Men	10000m
12:15 pm	U14 Girls	2000m
12:35 pm	U14 Boys	2000m
12:55 pm	U16 Girls	4000m
1:20 pm	U16 Boys	4000m
1:45 pm	U18 Girls	5000m
2:15 pm	U18 Boys	6000m
2:55 pm	U20 Women	6000m
3:30 pm	U20 Men	8000m

Award Presentations	
10:30 am	Masters
11:30 am	Open Women
12:30 pm	Open Men
1:00 pm	U14 Girls
1:15 pm	U14 Boys
1:45 pm	U16 Girls
2:15 pm	U16 Boys
2:45 pm	U18 Girls
3:20 pm	U18 Boys
4:00 pm	U20 Women
4:30 pm	U20 Men
4:35 pm	Overall Team Championship Banner