

2019 Athletics Ontario and Ontario Masters Association Cross Country Championships



Start Time	Age Group	Distance
10:15 am	Masters	5000m
11:15 am	Senior Women & Men	10000m
11:30 am	AWARDS: Masters	
12:15 pm	U14 Girls	2000m
12:30 pm	AWARDS: Open Women & Men	
12:35 pm	U14 Boys	2000m
12:55 pm	U16 Girls	4000m
1:20 pm	U16 Boys	4000m
1:45 pm	U18 Girls	6000m
2:00 pm	AWARDS: U14 Girls & Boys, U16 Girls & Boys	
2:15 pm	U18 Boys	6000m
3:00 pm	U20 Women & Men	8000m
3:45 pm	AWARDS: U18 Girls & Boys, U20 Women & Men Overall Team Championship Banner	