



MUSKOKA ALGONQUIN RUNNERS



Ontario Masters Athletics

Athletics Ontario Cross Country Championship Final Schedule

Start Time	Age Group	Distance
9:15 am	Masters	5000m
10:00am	Senior Women	8000m
10:45 am	Senior Men	10000m
11:00am	Awards	Masters, SW, SM
11:45am	Community Run (Open)	5000m
12:30 pm	U14 (Bantam) Girls	2000m
12:45 pm	U14 (Bantam) Boys	2000m
1:00 pm	U16 (Midget) Girls	4000m
1:30 pm	U16 (Midget) Boys	4000m
1:50 pm	Awards	U14, U16
2:00 pm	U18 (Youth) Girls	5000m
2:40 pm	U18 (Youth) Boys	6000m
3:15 pm	U20 (Junior) Women	6000m
4:00 pm	U20 (Junior) Men	8000m
Awards	U18, U20, Overall Team Championship	

The first lap of each race will go through the bottom loop in a clockwise direction back up towards the start area. Once past that point, all successive laps will be run in a counter-clockwise direction. Please refer to the images on the second page for reference.

The loops for each of the races are as follows:

- 2km – 1 x Loop A
- 4km – 2 x Loop A
- 5km – 1 x Loop B, 1 x Loop A
- 6km – 3 x Loop A
- 8km – 4 x Loop A
- 10km – 5 x Loop A

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Loop A – 2km Loop



Loop B – 3km Loop

