

BMHS Cross Country



2026 Centipede Run

Meet Director: Dennis Keaveney

- Email: dennis.keaveney@nbed.nb.ca
- Phone: (902)324-1937

Date: Friday, September 25th

Location: Centennial Park, 811 St. George Blvd (Races will begin at the Flood Plain next to the bridge)

Times:

- Registration: **4:00-4:30pm**
- Walk Through: **4:30-5:00pm**
- Junior Race (Grade 9-10), **5:15pm**
- Senior Race (Grade 11-12), **6:00pm**

Distances: Juniors will run two, 2-km loops (4000m). Seniors will run two 2.5km loops that includes one lap of the Lake (5000m). Athletes will be led by bicycle. Please see the course track below!

Registration: Registration for this event is FREE. Please send a list of athletes who are participating from your school to dennis.keaveney@nbed.ca by Thursday, September 24th before 12:00pm.

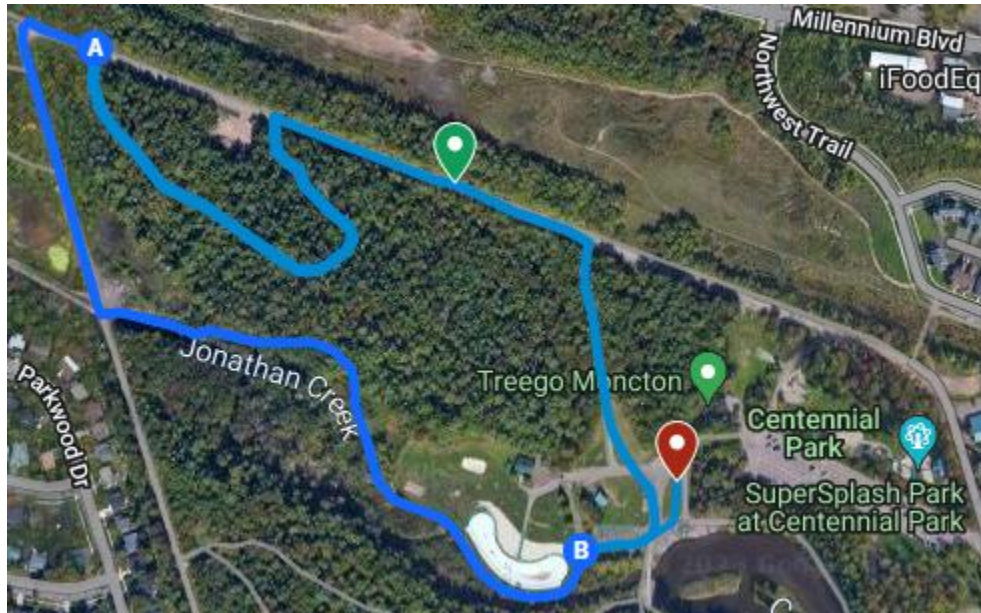
Timing: All athletes will receive their time and position. This will be emailed to all coaches following the completion of the event. This is a mixed gender event!

4 Km Route Map (Start at Green Marker, 2 Laps).

Finish at Red Marker.

Carte d'itinéraire de 4 km (départ au marqueur vert, 2 tours):

Terminez au marqueur rouge:



5 Km Route Map (2 laps) / 5 Km plan de route (2 tours)

Athletes will go around the Lake on their first lap!

