



Welcome to the Hampton XC Run Club 2026 Cross Country series.

This season the Hampton XC Run Club on behalf of Hampton High and Hampton Middle Schools once again are jointly hosting two events for **Middle Schoolers and High School Runners.**

These events provide competition for Middle School athletes and also serve as a chance to fulfill the 2 “qualifying” race requirement for High School NBIAA athletes to be eligible to compete at the NBIAA SW & NE Regional Competitions.

Location: Hampton Middle School Field/Elementary School Field

Race 1 - Saturday, September 12th, Middle School races begin at 10:00 am, High School races should start at 11:00 am. Registration is 9:00 am to 9:45 am. Course is open to be walked from 8:30 – 9:30am. (Note this Youth race is part of Hampton 5-miler weekend)

Race 2 – Wednesday, September 30. Middle School races at 5:00 pm, High school races start 5:30 pm. Registration is open from 4:00pm-4:45pm

Registration: Will occur on site Cost is \$3:00 per athlete

1. Coaches sending more than 3 athletes are encouraged to send us the list a day advance to add registration. Please!
2. Hampton Elementary School washrooms will be available
3. Athletes and Coaches are able to walk the course prior to the beginning of the event. There is no formal walk through.
4. Distances:
 - a. **4km for High Schoolers. All divisions will run at the same time. Race results will be recorded separately by division.**
 - b. **2.5 km for Middle Schoolers in grade 7 & 8 (1.5 km may be added if there are Grade 6 runners, not wishing to do the 2.5km)**
5. Racers- times will be recorded and posted to the ANB site

Race Director: John Herron, jpherron@xplornet.ca cell is 506-650-1372

Hampton XC Running Club wishes to thank the Town of Hampton for their constant help and support.