



# Welcome to the Hampton XC Run Club 2023 Cross Country series.

This season the Hampton XC Run Club on behalf of Hampton High and Hampton Middle Schools once again are jointly hosting three events for **Middle Schoolers and High School Runners.** These events provide competition for Middle School athletes and 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 (Saturday, October 14, 2023)

Location: Hampton Middle School Field/Elementary School Field

## Dates and Times:

Race 1 - Saturday, September 9th, Middle School races begin at 10:00 am  
Registration is 9:00 am to 9:45 am. Course is open to be walked from 8:30 – 9:30am

Race 2 – Thursday, September 28. Middle School races at 5:30 pm, High school races start 6:00 pm. Registration is open from 5:00pm-5:30pm

Race 3 - Thursday, October 5. Middle School races at 5:30 pm, High school races start 6:00 pm. Registration is open from 5:00pm-5:30pm

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

1. One Port-a-John will be on site or school washrooms will be available.
2. Athletes and Coaches are able to walk the course prior to the beginning of the event.
3. Distances:
  - a. **4km for High Schoolers. All divisions may run at the same time. Race results will be recorded separately by division.**
  - b. **2.5 km for Middle Schoolers in grade 7&8 ( a 1.5 km may be added if there are Grade 6 runners, not wishing to do the 2.5km)**
4. Racers- times will be recorded and posted to the ANB site

Race Director: John Herron, [jpherron@xplornet.ca](mailto: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.**