



**WHS and HCS 2026
Invitational Cross Country Meet**



Monday, October 5, 2026

Location: Woodstock High School

Registration and Parking: 141 Connell Park Road, Woodstock

Registration

- Please register athletes by Monday, September 28.
- Email jennifer.dingee@nbed.nb.ca for team registration. Details on how to register athletes will be sent to coaches/school reps.
- Cost is \$3 per athlete. Cheque payable to Woodstock High School.

Schedule

- 4:00 – 4:30 pm: Registration
- 4:15 pm: Course walk (optional)
- 5:15 pm: Races begin

Race Order

- Race 1: Junior Girls and Boys 4000 m
- Race 2: Senior Girls and Boys 5000 m

Important Information

- Mixed terrain course with pavement, gravel, and grass sections.
- Course map and additional details will be sent to coaches before the meet.
- All runners must be registered with SSNB and have a coach/school rep present.
- Competitors must wear a school uniform or jersey.
- Earbuds/headphones are not permitted during races.

Awards

Medals will be awarded to the top three finishers in each category:

- | | |
|----------------|----------------|
| • Senior Girls | • Junior Girls |
| • Senior Boys | • Junior Boys |