

## EMCS 2017 Cross Country Schedule

Race Date	Location	Course set up	Finish Line/Timing	Course Marshals (min of 4)
Wednesday, September 27th	Lambrick Park	Lambrick Park	Stelly's Oak Bay, SMUS	Mt. Doug
Thursday , October 5 <sup>th</sup>	Henderson	Mt. Doug	Oak Bay St. Margarets	Reynolds PCS
Wednesday, October 11 <sup>th</sup>	Cedar Hill	SMUS	Claremont/Spectrum, Oak Bay	SMUS EMCS
Thursday, October 19 <sup>th</sup>	Beaver Lake	Oak Bay & GNS	Claremont Oak Bay St. Andrews	Oak Bay St. Andrews
Wednesday, October 25 <sup>th</sup>	Beaver Lake Islands	Oak Bay & GNS	Mark Nelson	HS: Oak Bay
Saturday, November 4 <sup>th</sup>	Jericho Beach,	<a href="http://www.bccxc.ca">www.bccxc.ca</a> for more information		

### League Race Times Schedule

(September 28, October 6, October 12, October 20)

Start time	Age group	Distance
3:45	Junior boys ( gr 9&10)	4 km
4:00	All Girls	4 km
4:05	Sr Boys	6 km

Practices are Tuesdays and Thursday 3:30 – 4pm.

See Ms. Hunter for more information.