



# SPARTAN TOUGH



FEATURING THE BRRJHAA REGIONAL CHAMPIONSHIPS

INVITATIONAL CROSS COUNTRY RUNNING MEET

HOSTED BY NEW NORWAY SCHOOL

HELD AT DRIED MEAT LAKE, 10km STRAIGHT EAST OF NEW NORWAY SCHOOL

THURSDAY, September 25<sup>th</sup>, 2014

Elementary  
Races

Jr. High  
Divisions

Senior High  
Races

Open  
(parents, coaches or  
runners who have  
already competed)



Awards for  
each race

Concession  
on site

Chip Timing

Commemorative  
T-Shirts for Sale  
Pre-Sale & Race  
Day

Registrations will be required no later than Monday, September 22<sup>th</sup> AT 3:30PM.

Please use the EXCEL template that is attached. Cost is \$8.00 per runner payable to New Norway School no later than race day.

**Race Day Scratches will still be expected to pay \$5.00**

Please direct all inquiries and registrations to Steve Searle, New Norway, School  
email: [ssearle@brsd.ab.ca](mailto:ssearle@brsd.ab.ca)

School Ph. # 780-855-3936 / Fax # 780-855-2600

## RACE SCHEDULE



10:00 Walk Through	
11:00 Elementary girls open	2.20km
11:20 Elementary boys open	2.20km
11:40 Grade 7 girls	2.20km
12:00 Grade 7 Boys	2.52km
12:00 Grade 8 Girls	2.52km
12:05 Elementary Awards	
12:30 Grade 8 Boys	3.37km
12:30 Grade 9 Girls	3.37km
13:00 Grade 9 Boys	4.40km
13:30 High School Girls open	5.04km
13:45 Junior High Awards	
14:00 High School Boys Open*	6.72km
*this race includes a general open	
14:45 High School Awards	

Some races will start at the same time but runner's results/placing will be sorted according to grade - - - example Div I boys, grade 4 boys, grade 5 boys, grade 6 boys and so on.  
Medals and ribbons will be awarded for each race as well as some team awards

Top School Championships - A school must have 2 runners finish in a category in order to score points toward the team championship. Separate team championships will be awarded to the school that earns the most team points in all categories for each Elementary, Jr. High and High School divisions.

The school with the highest participation level will be recognized

No change facilities on site

Remember you will be charged \$5.00 for race day scratches

SEE YOU ON THE TRAILS!!! RUN.

Check our website for updates and race photos, maps, results etc:

<http://www.brsd.ab.ca/school/norway/XC-Invitational/Pages/default.aspx>



**SPARTAN TOUGH**



## **SPARTAN TOUGH ON PARKINSON'S DISEASE**

This year's race is inspired and in support of  
Hugh Nester and all those who are battling  
Parkinson's Disease.

\$1.00 from every race fee will be donated

\$2.00 from every t-shirt sold will be donated

**RUN or pledge a runner TODAY!**

**Parkinson**  
Alberta