



# 2024 SJTC & SJHS Invitational Middle & High School Cross Country Meet

Thursday, September 19<sup>th</sup>, 4:30 – 6:30 pm  
Hosted by the Saint John High Cross Country Team



Co-Hosted by the Saint John Reds Track & Field Club & UNBSJ Cross Country/Track Team

**Location:** Wolatoq, Lancaster Avenue, West Saint John



**Course Description:** All events will take place on a well marked course around the perimeter of the park on a mix of grass and trail. This course is made up of a combination of 1.1 km and 1.6 km loops, providing a fast and challenging course. Thank you to J.D. Irving Limited for use of the park.



**Registration Information:** There is no registration fee but schools are encouraged to confirm attendance in advance at [saintjohntrack@gmail.com](mailto:saintjohntrack@gmail.com). Individual and team entries are welcome. All athletes on a team must attend the same school and each team must have one adult in charge of check-in and recording. Registration will occur on site 3:30-4:00 pm. Athletes can walk the course up until 4:15 pm.

**Parking:** Limited parking is available in the park but overflow is available nearby.

**Events:** Participants are expected to meet at the start line just prior to race.

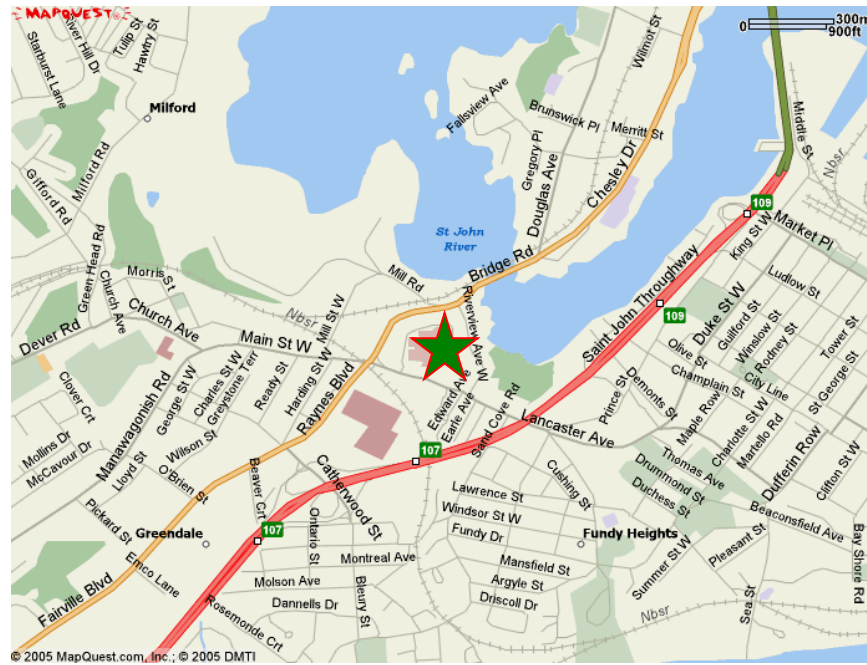
Events will run in the order listed below, with the first race starting at approximately 4:15

Division	Distance	Course
Grade 6 Boys & Girls	1100m	1 x 1.1 km loop
Grade 7 Boys & Girls	1100m	1 x 1.1 km loop
Grade 8 Boys & Girls	2200m	2 x 1.1 km loop
High School - Junior Boys & Girls	3300m	3 x 1.1 km loop
High School - Senior Boys & Girls	4400m	4 x 1.1 km loop

**Awards:** The top 6 individuals in each race will receive ribbons.

**For More Information:** Bill MacMackin – [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com)  
(w) 647-4931 (h) 847-0610

The park entrance is across from the Bowlarama, 248 Lancaster Ave.  
Please avoid parking in the bowlarama parking area.



### Race Courses



1.1 km Loop