

**McGill INVITATIONAL CROSS COUNTRY MEET**

**INFORMATION**

**DATE: Saturday,** September 18, 2021

**PLACE:** McGill Sports Complex

475 Av. Des Pins Ouest

Montreal, QC., H2W 1S4

 **GETTING HERE:** [**http://www.mcgillathletics.ca/sports/2012/11/2/1102121124.aspx**](http://www.mcgillathletics.ca/sports/2012/11/2/1102121124.aspx)

 **Hotel:** Please see back page

**TIME:** 12:00 PM START WOMEN – 4 KM

12:45 PM START MEN – 6 KM

 **ENTRIES: Trackie.ca**

**ENTRY FEE:** $15.00 PER ENTRY / $150 PER MEN’S AND WOMEN’S ROSTER

**Entry Deadline: Wednesday, Sept 15, 2021 22:00hrs**

**ENTRIES:** Please use the Excel Spreadsheet for your entries and follow the instructions. Send the entries to Bob Vigars and CC me as your back up please.

**COURSE:** MT. ROYAL PARK: The course has changed and is now completely on the main dirt path with a short concrete section. I recommend racing flats, spikes not needed.

**AWARDS:** No Awards this year

**FACILITIES:** ATHLETES ARE INSTRUCTED TO BRING THEIR OWN LOCK AND

TOWEL.

**SCORING:** TOP 5 MEN AND TOP 5 WOMEN PLUS 2 DISPLACERS

**CATEGORIES:**  UNIVERSITY

**2021 McGill Invitational Cross Country Meet Saturday Sept 18th @ Mont Royal Park, Montreal QC.**

**Entry Deadline: Wednesday Sept 13th @ 10:00pm**

**Meet Director: Dennis Barrett** **dennis.barrett@mcgill.ca**