Heart Lake Invitational

Wednesday, October 9th, 2019

Please email tim.shannon@peelsb.com for the excel entry file.

Experience the colours of the season or the crispness of the air at Heart Lake Conservation Area in Brampton. An excellent tune-up race for your regional meets.

Host: Turner Fenton Secondary School

Convenor: Tim Shannon tim.shannon@peelsb.com

Race Events:

Midget Girls	4000m	11:00 am
Para Race	3000m	11:15 am
Midget Boys	4000m	11:40 am
Junior Girls	5000m	12:20 pm
Junior Boys	5000m	1:05 pm
Senior Girls	6000m	1:45 pm
Senior Boys	6000m	2:30 pm

Coaches Meeting – 10:30 am

Age Groups: as per OFSAA regulations

Awards: Top Ten individuals will receive T Shirts – given at the finish line

Entry Fee: $10 per competitor for the first 30 athletes,$7 per additional athlete.
Entry fee is payable at the meet and payable to "Turner Fenton SS"
Invoices will be sent out upon request.

Information: Course is challenging trail with some grass areas.
There are limited washroom facilities and no change rooms so come dressed to run. Park will be open at 8 am.

Entries: Please email me for the excel entry file, save it with your school name, fill in your athletes and email it to tim.shannon@peelsb.com by
Friday, October 4th at 3pm.