Kwantlen Park SSSAA League Race #4

Junior & Para: 3:50 ​​Senior: 4:15

**Race Notes:**

* Maps posted below
* All athletes will be given an individual time and place
* Results will be posted at https://southfraserxc.weebly.com/
* Athletes will race with a numbered bib.
* Athletes must be pre-singed up via School coach or AD.
* Course will be marked, marshalled, flagged, and have a lead biker
* Course not suitable for spikes, there are paved sections.

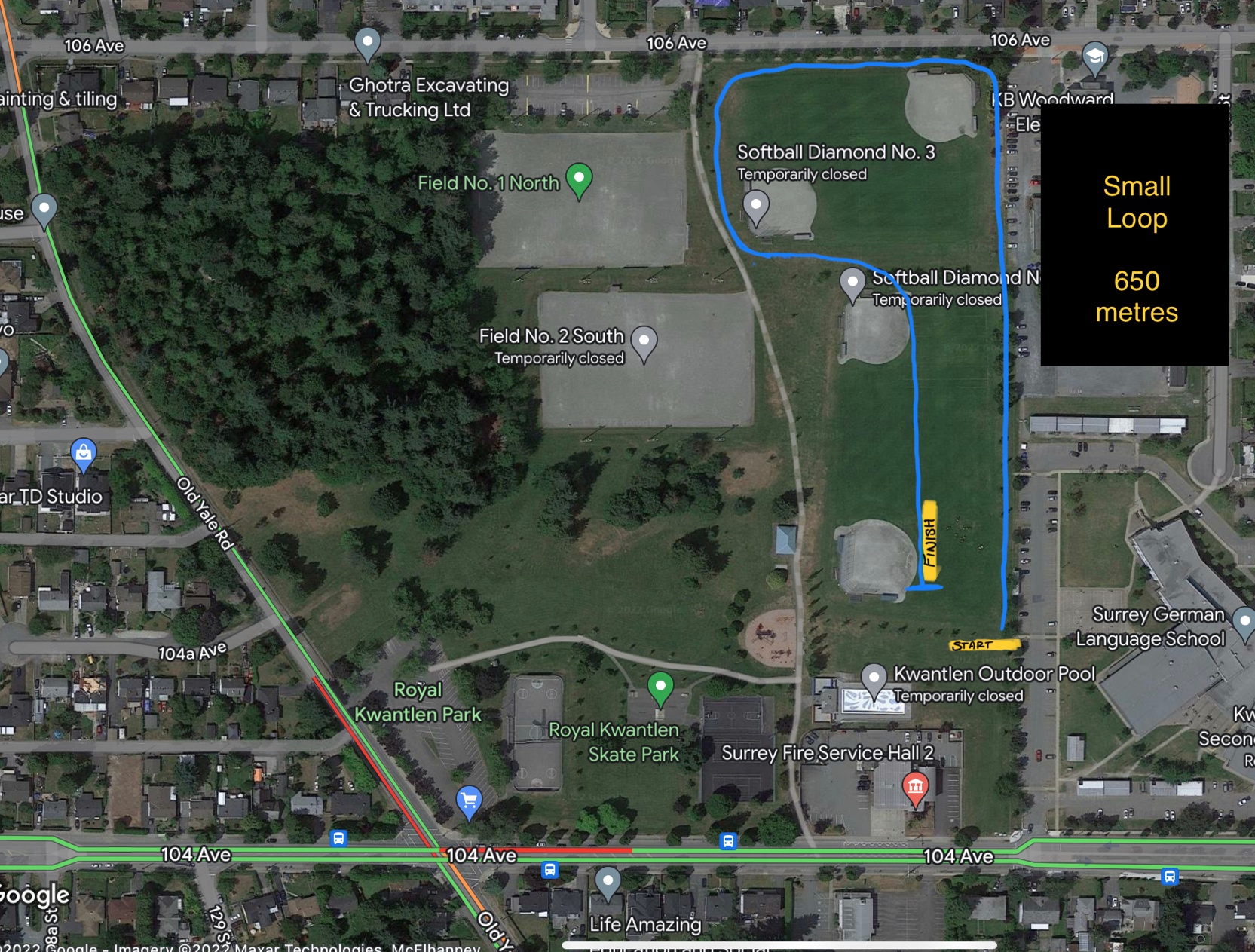
**Para-Cross Country Race Notes:**

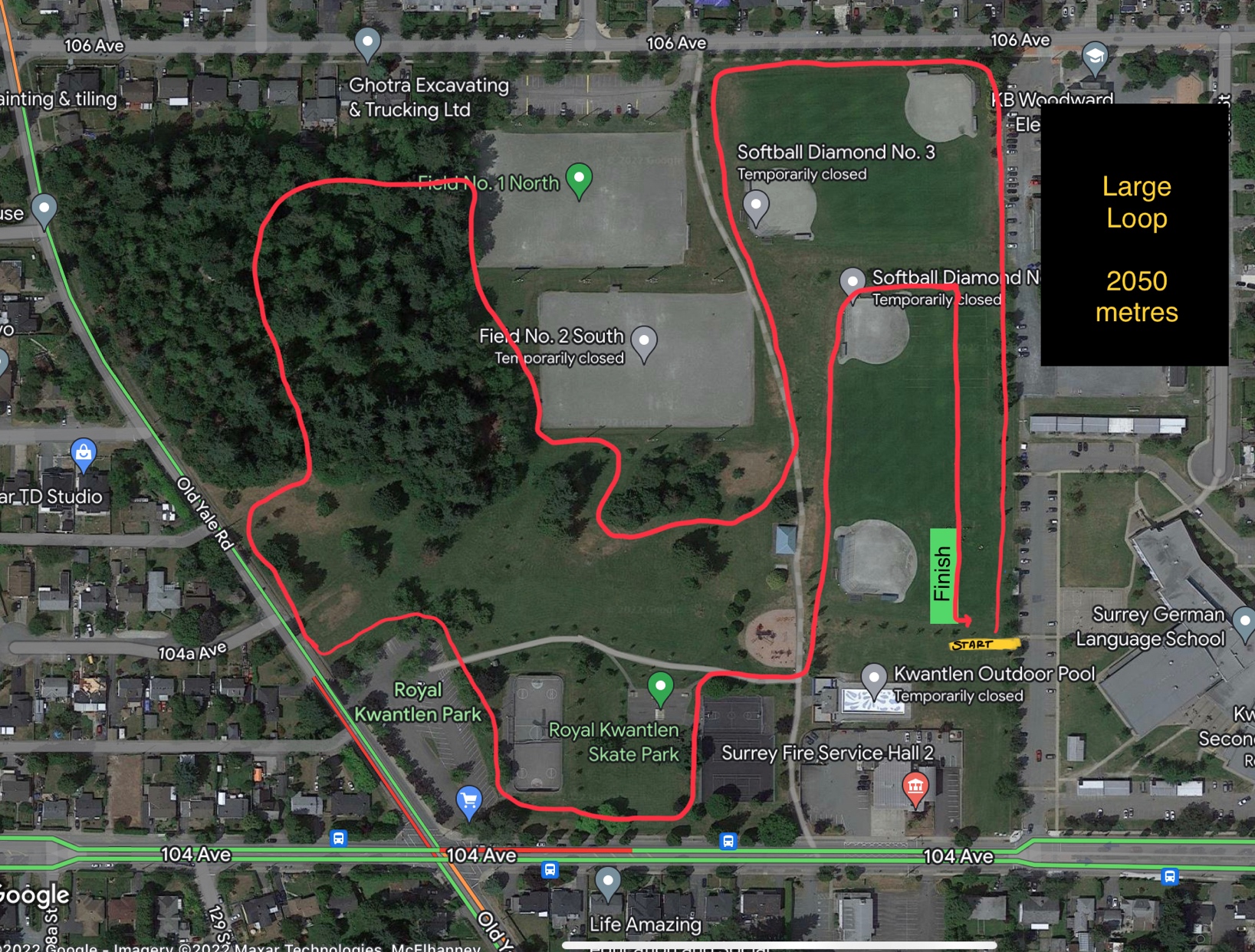
* Athletes will run in Junior race, all grades, and levels welcome.
* Para athletes will be given a race number.
* Contact your school’s BASES or Inclusion Departments for students that may be eligible to participate in this race. We are encouraging lots of athletes to participate this year!
* For more information regarding athletes competing in the Para race, please refer to the PDF attached or the following link: https://southfraserxc.weebly.com/uploads/2/1/3/5/21356954/ac\_bchs\_xc\_para\_cross-country.pdf

**Para Race — 1x Large Loop (2050m)**

**Junior Race — 2x Large Loop (4100m)**

**Senior Race — 1 Small Loop & 2x Large Loop + (4750m)**

**Small Loop (650m)**

**Large Loop (2050m)**