

Cross Country Schedule



Venue: Birds Hill Provincial Park

Dates: August 3, 2023



— WORLD —
POLICE & FIRE
— GAMES —

Race Type	Start Time	Estimated End Time	Location	Course Information
10K	08:30	10:00	Birds Hill East Beach	The course path contains: Grass, dirt, gravel, sand, hills, and hazards example: Crossing Asphalt Path, low rock wall and near water. Minimum Elevation: 31m Maximum Elevation: 32m
5K	10:00	11:00	Birds Hill East Beach	
Medals				
5k & 10K	11:00	12:00	At the Finish Line	