



**Ontario Masters
Athletics**

**Twice up the
Bob Moore
Hill !!**

**40th Annual
Ontario Masters
Sunnybrook Park 8K Cross Country**

**1:00pm Sunday, November 1st
Men and Women 30 Years and Older**

Location; Sunnybrook Park Pavilion, past the stables, at the top of the hill.
Enter the park off Leslie St., just north of Eglinton Ave.E. Keep right,
Change facilities and showers in the Pavillion. Start line at Don's Tree.

Awards; OMA medals to all members of the first teams in each age category.

Team Club teams only. 4 can run as a team, top 3 to score by total place. (M70, W50, W60, 3 to run, 2 to score)
Categories; Teams must be declared at least 30 minutes prior to the start.
Categories; 1) Men 30-39, 2) Men 40-49, 3) Men 50-59, 4) Men 60-69, 5) M70+ (2 to score)
6) Women 30-39, 7) Women 40-49, 8) W50-59 (2 to score), 9) W60+ (2 to score).
A maximum of one woman may run on a men's team in an age group 10 years above her age (eg. a W40 can run on an M50 team).

Entry Fees; \$15.00 fee available with online entry - \$25.00 with email or mail entry. \$30.00 on race day.
Ontario Masters Athletics membership required.
Post entries close at 12:30pm on race day. Online entry closes Saturday Oct 31 at Noon.

