

CROSS COUNTRY

Season runs in September and October (with Provincials the 2nd week of October)

Athletes range from competitive to recreational runners (beginners welcome)

20+ participants every year ranging from competitive to recreational (with several multi-sport athletes using this for conditioning)

3 age divisions for both boys and girls: Intermediate (gr 9), Junior (10 and 11) and Senior (gr 12)

Intermediate, junior, senior is decided by August 31 birthday

4 meets per year in Regina as organized by the RHSAA

Course is set up in Douglas Park around the Canada Games Athletic Complex

Athletes qualify to represent Regina at SHSAA Provincials at these meets

Coach: Erin Strueby erin.strueby@rbe.sk.ca

CITY CHAMPIONS

Intermediate Girls – 1993, 2008, 12, 14, 15, 17, 19

Junior Girls – 1998, 94, and 2012

Senior Girls – 1972, 89, 90, 95, 2008, 09, 10, 11, 14, 17, and 18

Intermediate Boys – 1984, 90, 95, 96, 2005, 09, 10, 12, and 18

Junior Boys – 1982, 84, 86, 92, 2004, 06, 10, 13, and 19

Senior Boys – 1970, 82, 88, 90, 2003, 07, 08, 11, 12, 14, and 17

Girls Overall – 1989, 93, 2008, 09, 10, 11, 12, 13, 14, 17, 18, and 19

Boys Overall – 1982, 84, 88, 90, 2005, 07, 08, 09, 10, 11, 12, 14, and 19

City Champs – 1987, 88, 90, 2000, 08, 09, 10, 11, 12, 13, 14, 17, 18, and 19

PROVINCIAL CHAMPIONS

2006 and 2014

