

Fixtures 2010 Fall season

Date	Meet	Location	Website
Oct 2	Split Rail Cross Country – Mites to Masters	Flesherton, ON	
Oct 2	Don Mills XC (Open)	Waterloo	/www.warriortrackandfield.uwaterloo.ca/xc/home.htm
Oct 3*	Taylor Creek 5k Cross-Country Masters	Toronto, ON	www.ontariomasters.ca
Oct. 7	Mustang XC (open)	Gibbons Park London, ON	
Oct 7-13	XIX Commonwealth Games	Delhi, India	
Oct. 15	OSCVI XC (high school)	Hepworth, ON	
Oct 16	Ntl 10km Road Race Chps	Toronto, ON	www.athleticsontario.ca
Oct 22	BAA XC Chps (high school)	Hepworth, ON	
Oct. 28	CWOSSA XC high school	Brantford, ON	http://www.cwossa.ca/
Oct 30	MTA XC Chps	King City , ON	www.athleticsontario.ca
Oct 17*	Don Farquharson Masters XC	Sunnybrook Park Toronto, ON	www.ontariomasters.ca
Oct 31**	Masters Sunnybrook 8k XC Chps	Sunnybrook Park Toronto, ON	www.ontariomasters.ca
Oct. 30	OU XC Chps (university)	Guelph, ON	
Nov 6	OFSA XC Chps high school	Etobicoke, ON	http://www.ofsaa.on.ca/crosscountry/
Nov 13	CIS XC chpx (univ)	Sherbrooke, QU	
Nov 14**	AO XC and Masters 5k XC Chps	Guelph, ON	www.athleticsontario.ca http://www.athleticsontario.ca
Nov 27**	Canadian XC Chps	Guelph, ON	www.athleticsontario.ca www.athleticsontario.ca

For meet events, updates, details, schedule etc. go to <http://www.athleticsontario.ca> then to Calendar of events. Click on the meets to get information.

Fall Local Road Races 2010....just a smattering

Date	Race	Location	Website
Sept. 18	Falling Leaves xc 7.5k	Guelph	
Sept. 19	Terry Fox runs 30 th anniv.	Owen Sound, Port Elgin various	
Sept. 26	Blue Mountain 5k + ½ ma	Blue Mountains	
October 9	Tornado Trot	Durham, ON	
October 24	Fall Colours 5 & 10k	Owen Sound, ON	