TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY
•145 PACIFIC AVE. WINNIPEG, MB. R3B 2Z6 •TEL: 204-925-5743 •FAX: 204-925-5792 •www.AthleticsManitoba.com

2026 Milk Cross Country Challenge

Wednesday, September 23rd, 2026

La Barrière Park

Entry Form due September 16th, 2026

Email to: technical@athleticsmanitoba.com

Entry Fees: **$15.75 per individual entry.**

$21 per team (up to 6 individuals) to a school maximum of $210

Indicate number of teams per event – Maximum of 6 athletes per team, best 4 performances will be used in team total for award banners. Banners will be presented to the top male and female team per age grouping. Top 10 in each age category will receive award ribbons. All participants will receive a participation ribbon.

School:

Coach:

Contact Email:

Contact Phone #:

**4-6 athletes is 1 team, so 12 athletes would be "2 Teams." If there are 13 athletes total, please indicate "2 teams" and "1 Individual Entry." For schools with less than 4 athletes, please indicate "3 Individual Entries." **

Teams	Number of Teams	Individual Entries	Total # of Athletes per Grade
Example:	2	1	13
Grade 4 Girls			
Grade 4 Boys			
Grade 5 Girls			
Grade 5 Boys			
Grade 6 Girls			
Grade 6 Boys			
Grade 7 Girls			
Grade 7 Boys			
Grade 8 Girls			
Grade 8 Boys			
Junior Varsity Boys			
Junior Varsity Girls			
Varsity Boys			
Varsity Girls			

By providing the total number of athletes, this will secure post-competition Milk for all athletes

MANITOBA HIGH SCHOOLS ATHLETIC ASSOCIATION

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