

**Saturday, July 11, 2026**

|             |                                |    |
|-------------|--------------------------------|----|
| <b>I</b>    | Resolution Run 8k              | 15 |
| <b>II</b>   | Twosome Run 5k                 | 15 |
| <b>IIIa</b> | Limestone 5k                   | 15 |
| <b>IIIb</b> | Limestone 10k                  | 15 |
| <b>IIIc</b> | Limestone Half                 | 20 |
| <b>V</b>    | Napanee Heritage 5k            | 15 |
| <b>VIa</b>  | Limestone Mile (Womens)        | 15 |
| <b>VIb</b>  | Limestone Mile (Mens)          | 15 |
| <b>VII</b>  | Wolfe Island Classic 5k        | 15 |
| <b>VIII</b> | Wooly Bully 10k                | 15 |
| <b>IX</b>   | Glen Tay                       | 15 |
| <b>X</b>    | Fort Henry Cross Country 5k XC | 15 |
| <b>XI</b>   | Picton County Half Marathon    | 15 |
| <b>XII</b>  | Anniversary Run 10k            | 20 |

[illegible]