

Cross-Country Meet - October 18, 2017

Congratulations are extended to your son or daughter for qualifying for the city meet at Canatara Park.

The **Sarnia Conferences Meet** is Wednesday, October 18, at Canatara Park.

- Walk through at 9:00 am
- First race starts at 9:30 am (race times – see below)
- Final race will end at 12:00 pm.
- Rain date is Friday, October 20

The nine and under will run 1.8 km, 2.8 kilometres for the grade 8's and everyone else will run the 2.3 km distance. These distances are the reason that we introduced the 40 kilometre club to prepare their young bodies for the longer races compared to track.

What to bring:

- 1 - Change of clothes if it is wet. Extra clothing may be necessary if it is cold.
- 2 - Lunch with healthy snacks such as apples and bananas are suggested. At least one full water bottle (500 mL) should be consumed 1 hour before a race to be fully hydrated. Dairy foods or Gatorade-type drinks are not recommended until *after* their race. Pasta dinner is the choice meal for most runners the day before a meet.

It is rain or shine unless there is lightning. Bathrooms will be available. Check CHOK on race day.

Runners need to be dropped off at the park by 8:45 a.m. at the field inside the Terry Fox loop. Our red tent is usually by the pavilion close to the climbers. (same as previous years)
The walk-through is helpful for warm-up and helps runners to be familiar with the course.

Good luck to everyone who is running. Parents are invited to watch and cheer them on. Also, if you are driving your child to or from the meet, please be sure you check in with Mr. White or me so that we have a count of everyone coming and going. We phone in our attendance.

Thank you,

Mr. Schaefer/Mr. White

I give permission for _____ (name of runner) to participate in the cross-country event at Canatara Park on October 18, 2017.

Parent/Guardian's signature _____

My child will be going home with _____

My child will be taking the bus back to school _____

(Parent or direct relative). You can no longer arrange a ride home with friend. (Board policy)

Races times are as follows:

	<u>Girls</u>	<u>Boys</u>
9 years old and under	9:30 a.m.	9:45 a.m.
10 years old	10:00 a.m.	10:15 a.m.
11 years old	10:30 a.m.	10:45 a.m.
12 years old	11:00 a.m.	11:15 a.m.
13 years old and older	11:30 a.m.	11:45 a.m.

District Meet Qualification:

Team: For each race, the top team from each conference qualifies for the District Meet. If a school entered four or more runners, only the top four runners on that team will qualify. For Sarnia conferences in which there are at least five full teams running in the race (a team consists of three or more runners), the top two teams will qualify. If a school has three runners in the top 21, but did not qualify as a team, they are allowed to bring along their fourth runner to District in order to run as a team.

Individuals: Any runner in the top 21, who does not qualify as part of a winning team, will qualify as an individual.