

Cross Country 2019 Information

Dear Parents and Guardians,

Thank you for joining us for **2019 cross country season**. It is a short season but the impact of the season is powerful. Many lifelong runners start running in elementary school and go on to enjoy the sport for many years to come.

We have three meets scheduled in North Vancouver this season:

Date	Location	Parking Info
Wed Oct 9	Windsor High School	Avoid the Seymour Dance/Soccer Bubble parking lot
Wed Oct 16	Cates Park	Lots of space near Little Cates and walk the trail
Wed Oct 23	Lynn Canyon/Lower Seymour	The Lynn Canyon side of the Park best to avoid having to drive the cut home. Take the Pipeline Bridge near End of the Road Café for fastest access to the gazebo and the start line.

Parents are responsible for organizing transportation for each race. Race maps will be available prior to the race.

The first race is Gr. 5 girls and it starts at **3:45** - or as close to it as possible. Then Gr. 5 boys, Gr. 4 (girls, then boys), Gr. 6, then Gr. 7. It should be all wrapped up by about 4:15. Parents should get there as soon as they can so they have time to find parking and get their kids to the staging area and meet up with their Grade grouping. Ideally, runners should be there warming up by **3:35** or so. **All students must sign in with their coaches when they arrive. All students must sign out again, in the care of an adult, when they leave the event.**

This year **Jerseys will be given out at each meet when you sign in** and must be returned to Ms. Oucharek, or the parent volunteer with the clip board and safety vest, when you sign out. If your child leaves in a jersey it means you did not sign out and Ms Oucharek will have to track you down. **Sign out is required.**

This year more schools are participating with the chores on the course. Ms Oucharek is lining up the runners at the starting line so we will require one parent to help hand out Jerseys and sign in people with Ms Oucharek. Also, Boundary is responsible for providing 5 people to help line the route at the Windsor meet.

Please contact Susan Oucharek if you are able to help out. Email- susanoucharek@sd44.ca.

Cross Country Volunteer Coaches

Kate Siddall, Janet Campbell and Susan Oucharek