

Dear Cross Country Families,

I am super proud of all our runners. Yesterday in practice they doubled their running distance, while increasing their speed.

There is probably a lot of questions coming up about the Thursday Oct. 20<sup>th</sup> meet. Please feel free to email me [ACHorney-Wilson@sd44.ca](mailto:ACHorney-Wilson@sd44.ca) with any questions. Here is the location, times, and meeting spot.

### Loutet Park

Time: 3:30-4:15 approximately

Meeting Spot: Playground Swings

Check in: as soon as you get there with Mrs. Wilson

Check out: as soon as you are leaving with Mrs. Wilson

\*\*\*\*\*Our uniform will be our Orange T-shirts

Thank you for your support!

