

Cross Country Running: Grade 4-8



Hello runners,

Cross country running is a divisional sport open to all students in grade 4-8. Students who would like to be on the team and attend races must let Ms. Raisa know prior to the first race.

Race Dates:

Thursday September 19 – St. Vital Park – 4:45pm (Family Fun Run – parents & siblings are welcome to run)

Thursday September 26 – St. Vital Park – 4:45pm

Wednesday October 2 – St. Vital Park – 4:45pm (Championship Race – gr. 7 & 8 students run first)

- Races begin at 4:45pm at **St. Vital Park, large soccer fields** (grade 4's run first, then 5's, 6's, 7's & 8's). At the final race grade 7's & 8's run first.
- **All students must provide their own transportation to and from the races.**
- This is an outdoor event; runners need to be wearing runners and athletic clothes appropriate for the weather.
- Runners should arrive at the large soccer field between 4:15-4:30pm.
- When runners arrive meet with the GV group between the washrooms and the picnic shelter at the large soccer field for check-in and a GV running pinnie will be provided.
- When the race is complete, you are free to go home with your parents but please let Ms. Raisa know that you are leaving and return the GV pinnie each race.

Any questions can be directed towards Ms. Raisa.