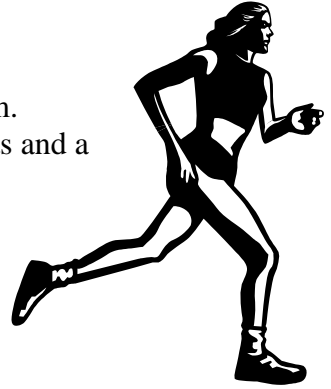


September 15, 2011

Dear Parent or Guardian,

If you're reading this, your child has joined the Montgomery Cross Country Team. Excellent! The Cross Country season is a short one this year with only three meets and a District Championship.

Practices are held on Mondays from 3:00 to 4:00 pm and Wednesdays from 7:30 to 8:30 am. Runners meet at the front door of the school and are expected to attend all practices unless arrangements are made in advance.



If you are able to assist with driving students to the Thursday meets, please indicate this on the form. The team would be grateful for your help. If you'd like to help with driving and you haven't yet been authorized to drive students, please see the office for an authorization package.

Mini-Meet Schedule

All meets begin at 3:45 and last just over an hour (It's difficult to give an exact end time)

1. **Thursday, Sept 29** Rocky Point Park
Grade 6, 7, 8 will run approx. 2.8km
2. **Thursday, October 6** Mundy Park
Grade 6, 7, 8 will run 2.8km (one small and one large loop).
3. **Thursday, October 13** PoCo Trails (Maple Creek Middle)
distance TBA

District Championships

Thursday, October 20 Mundy Park
Grade 6 and 7 will run 2.8 km, (one small and one large loop) and grade 8's will run 3.8 km (two small and one large loop).

- Athletes **must** have competed in at least 2 mini-meets to compete in the District Championships.
- Boys' and girls' teams must have 3 members in order to be eligible for a team trophy.
- To win a team trophy, a school must have at least 3 members complete the race and score the lowest combined points.
- Athletes can only move up if they are needed to complete a team, otherwise run with their own age.

Awards

- For mini-meets, placings will be recorded, but no season standings will be kept or ribbons given.
- For District Championships, individual ribbons will be given to the top 10 boys and top 10 girls in each grade level.
- Team trophies will be awarded to each winning boy's team and each winning girl's team per grade.

Sincerely,

Gavin Hanna