

## Coquitlam Middle School Cross-Country



### Mini-Meet Schedule

*Most meets begin at 3:45. Please arrive early for warm-up and instructions.*

1. **Thursday, Sept 29\*start time 4pm** Bert Flynn Park(2.8-3km) - hosted by **Eagle Mtn-Summit-Banting**  
-later start time due to Heritage Woods High School traffic
2. **Thursday, October 6** Maple Creek – hosted by **Maple Creek - Kway**
3. **Thursday, October 13** Mundy Park - hosted by **Hillcrest-Minnehada - Maillard**

*Grade 6 and 7 will run 2.8 km, and grade 8's will run 3.8 km (two small and one large loop).*

### District Championships

**Thursday, October 20\*START TIME 3:30** @Mundy Park - hosted by **Moody-Scott Creek-Como Lake-Pitt River**

*Grade 6 and 7 will run 2.8 km, 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.

## **Responsibilities Of Mini-Meet Hosts**

1. Line / mark route, clearly mark start and finish (cones are good)
2. Timers, recorders, place judges, starter (whistle or gun), route marshals, and bring extra labels
3. Email weekly race results to schools if possible

## **Responsibilities Of Coaches**

- All runners must compete in school uniforms
- All runners must wear a label, as follows, indicating their first and last name, and school. Labels will be given to place judges when complete.

Grade 6 Boys	Orange	Grade 6 Girls	Yellow
Grade 7 Boys	Purple	Grade 7 Girls	Red
Grade 8 Boys	Green	Grade 8 Girls	Blue

<b>Place</b>	<b>Runner's Name and School</b>	<b>Grade</b>	<b>Time</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			
<b>9</b>			
<b>10</b>			
<b>11</b>			
<b>12</b>			

<b>Place</b>	<b>Runner's Name and School</b>	<b>Grade</b>	<b>Time</b>
<b>13</b>			
<b>14</b>			
<b>15</b>			
<b>16</b>			
<b>17</b>			
<b>18</b>			
<b>19</b>			
<b>20</b>			
<b>21</b>			
<b>22</b>			
<b>23</b>			
<b>24</b>			