**Sept. 23, 2010**

Below is the schedule for Cross Country races this season. We will require parent drivers to take students to meets. If you are able to drive please update the appropriate driver permission forms at the office. On race day please come to the cafeteria by 3:05 to pick up students. Students are encouraged to eat a light snack afterschool and bring water to races. Races and practices will happen rain or shine. Athletes are encouraged to run in shorts and t-shirts, however, they should wear warmer clothes which they can easily take off at race time. Ipods/MP3 players are not permitted during races. If you are interested in buying a Minnekhada Cross Country t-shirt the orders must be in by Mon. Sept. 27. However, at this time we do not have the minimum number of orders that are required to purchase shirts so unless we receive more orders it will not go through –we will reimburse students next Thurs. if this is the case.

Thank you for your continued support,

Ms. Hightower & Mr. Nishimura

Cross Country Coaches

**Mini-Meet Schedule**

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

1. **Thursday, September 30** **@ Rocky Point Park**

 *Distance TBA*.

2. **Thursday, October 7 @ Mundy Park**

 *Grade 6, 7, 8 will run 2.8km (one small and one large loop).*

3. **Thursday, October 14** @ ? Further information to follow

**District Championships**

**Thursday, October 21 @Mundy Park**

*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 and ribbons given to the top 5 students in each race.
* 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.