

# Montgomery Middle School Cross Country Team Information Form

Your child has expressed an interest in participating with the Monty Cross Country Team this year. The season is a quick one; practices will be Mondays and Thursday unless there is a mini-meet. The meets are after school, rain or shine. Please have your child bring PE strip, running shoes and water.

**For the meet at Maple Creek, your child will require parent/guardian driver to attend. For the meets at Mundy park your child can walk or be driven.**

## Mini-meet and district final schedule

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

1. Thursday, October 2<sup>nd</sup> Maple Creek
2. Thursday, October 16<sup>th</sup> Mundy Park
3. Thursday, October 23<sup>th</sup> Districts at Mundy Park

*Grade 6 and 7 will run 2.8 km to 3.8 kms routes while the grade 8's will run 3.8 to 5 km (two small and one large loop).*

## District Rules

- Athletes **must** have competed in at least 1 mini-meet 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 on a team, otherwise they run with their own grade.

If you have any questions, please contact Mr. Christianson at [bchristianson@sd43.bc.ca](mailto:bchristianson@sd43.bc.ca)



## Gr. 6/7/8 Cross-Country Permission Form 2025

I give permission for my child, \_\_\_\_\_, Div \_\_\_\_, Grade \_\_\_\_ Teacher \_\_\_\_\_ to participate in the **Gr. 6/7/8 Cross-Country** program as described. While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities, and may occur without fault on the part of the student, school board, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with the activity.

Comments (please include special concerns which school staff should be aware of surrounding your child's participation):

My child and I understand that both the district and school's Code of Conduct applies during participation in this activity. I will be responsible for any costs caused by my child's failure to abide by the Codes of Conduct, including any costs to send my child home.

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_