



CROSS COUNTRY RUNNING 2021

September 2, 2021

We are so excited for running to begin again! Due to our lovely Alberta weather, the season will be short and sweet.

Parents are responsible for transporting students to and from runs (there is no bus). Please send a note on race day to advise the coach if plans change and someone besides yourself will be transporting your child to or from the run. A Duffield running coach (usually Mrs. Leavell) will be at each run to help direct the students to their races and meet them at the finish line. Participants are asked to have a good pair of runners and to dress appropriately (in layers) for the weather.

A light snack on the way as well as a water bottle and snack to replenish afterward are also recommended.

*Contact Mrs. Leavell with questions: tracey.leavell@psd.ca or (780)892-2644.

Parkland School Division Cross-Country Information and Schedule

- **An entry fee of \$5.00 per run, please send to the office or pay the Duffield coach at the race.**
 - Students may participate in any number of races, (one run, two runs, or even all 6 runs).
 - Races begin around 4:00 with the youngest participants and usually finish near 5:30.
 - Race groups and distances are based on gender and birth year.
 - o (K-gr.1) Children born 2015 or later 800m
 - o (gr.2-gr.6) Children born 2010-2014 1000m
 - o (gr.7-gr.9) Children born 2009 or earlier 2000m

Thursday, Sept 9 th	Entwistle School (West on Hwy 16, Pembina Campground exit , head north)
Thursday, Sept 16 th	Meridian Heights School (Stony Plain)
Tuesday, Sept 23 th	Chickakoo Lake trails and rec area (hosted by Blueberry)
Thursday, Sept 30 th	Tomahawk School (South of Seba)
Thursday, Oct 7 th	Woodhaven School (Spruce Grove)
Thursday, Oct 14 th	Living Waters Christian School (Spruce Grove)

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My child(ren) will be participating in the following runs. **I understand that it is my responsibility to arrange transportation to and from each run that my family participates in.**

We plan to attend:	Run Dates	Venue: Host School
	Thursday, September 9 th	Entwistle School (Pembina Campground exit , head north)
	Thursday, September 16 th	Meridian Heights School (Stony Plain)
	Tuesday, September 23 th	Chickakoo Lake (hosted by Blueberry)
	Thursday, September 30 th	Tomahawk (South of Seba)
	Thursday, October 7 th	Woodhaven (Spruce Grove)
	Thursday, October 14 th	Living Waters (Spruce Grove)

Child's Name	Year Born	Gender	Grade/Teacher

Parent's Name (please print)

Parent's Cell

Parent's signature

(Sept. '21)