

14th - Russell XC Running Race

Dear Coaches:

The Russell High School XC Meet will be held on **Thursday, October 2.**

Entry deadline is Friday, September 26 at 6:00 pm. Athletes must be entered using the online entry system. It is easy to make scratches. Additions the day of the meet can happen but it may be difficult to get that runner into the results system.

Please email me to obtain entry instructions. gordon.zubyck@ucdsb.on.ca

The schedule for the day of the meet is as follows:

9:30 - Registration table will be open to pick up packages at the back corner of the school by the sound system (in the atrium if it is raining).

There will be no organized course tours. Races for (2017-2014) will have a rabbit. The older students can walk their courses if they wish.

<u>Event #</u>	<u>Approximate Start Times</u>	<u>Age/Grade Groups</u>	<u>Approx. Distance</u>
1	10:40	Open HS	3.3km or 5km
2	11:25	Grade 7 (2013) Grade 8 (2012)	3 km
3	12:05	Grade 6 (2014)	2km
4	12:35	Grade 5 (2015)	2 km
5	1:05	Grade 4 (2016)	1.5 km
6	1:30	Grade 3 (2017)	1 km

****Please note: age categories apply based on year of birth.**

****All races will go as mixed.**

Age divisions for elementary and intermediate are one grade level.

****Races may start up to 5 minutes earlier than the indicated time if things are running smoothly.**

Participants

Schools may enter as many athletes as they wish. Entries are to be done online.

Entry Fee

The entry fee has been set at \$1.00/runner. Please make your cheque payable to Russell High School. Coaches may bring the cheque to the registration table on the day of the meet when they register their team.

Finish Chute

Due to safety reasons, it is imperative that all coaches, athletes and parents stay back from the finish chute. Please communicate this important information to all athletes and parents.

Bib Numbers

Bib numbers will be assigned to each team member. These will be available in the registration package. *Students are to pin the tag/number to the shirt they will be racing in. You will need to try and arrive early enough to get the bibs on your first runners who are competing.*

Individual Awards

There will be ribbons awarded to the first 3 boys & girls in each of the races. The ribbons will be handed out at the race finish line.

Washrooms

Students will have access to the designated washrooms which are located in the school atrium. Change rooms can be accessed but things are not to be left in them.

Canteen

Food and drinks will be available to purchase.

CLEAN UP

Elementary

2:00 - COACHES, please see this is completed in your area.

Intermediate/Secondary

12:00 CLEAN UP - COACHES, please see this is completed in your area

GOOD LUCK TO ALL PARTICIPANTS!

If you have any questions or concerns, please call Gord Zubych at Russell High School.

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e-mail: gordon.zubych@ucdsb.on.ca