**Bishop Smith Invitational**

 **Feeder School Cross Country Meet**

**2025**

 **Date:**  Friday, September 26, 2025

**Location:** Riverside Park

 961 Pembroke St W

Pembroke, ON

 **Coaches:**

 Between 9:30 A.M. and 10:20 A.M.:

* pick up your team’s registration package (numbers, pins, instructions, maps, schedule,…) at the most westerly gazebo at Riverside Park (beside the MNR building);
* pay your team’s entry fee of $3.00 per runner payable to ‘Bishop Smith CHS’;
* teams are invited to walk the course with their respective coach - trail attendants will assist with directions;
* busses / cars please park at the front of Riverside Park;

# **Schedule**

 **Time Division**

 10:20 AM Brief coaches meeting at the gazebo

10:30 Grade 4 and below Girls 2000 m

 11:00 Grade 4 and below Boys 2000 m

 11:30 Grade 5 and 6 Girls 2000 m

 12:00 PM Grade 5 and 6 Boys 2000 m

 12:30 Grade 7 and 8 Girls 2000 m

1:00 Grade 7 and 8 Boys 2000 m

**Other Notes**

* Runners race in only one category.
* Coaches may move runners up into a more senior grade category, but not down.
* Team scores, for division champions, are based upon a school’s top 4 runners in each race. You must have 4 runners for a team.
* Individual champions (top 3), in each division will receive medals as they finish.
* Ribbons for the top and runner up team. Coaches can pick up at the awards table under the gazebo.
* Overall school championship trophy.
* Coaches are reminded to follow school protocol re: student puffers, epi-pens and other medical issues.
* Coaches of special needs athletes are asked to contact the conveners before race date to accommodate their athletes.
* Teams should attempt to wear like colored team shirts.
* Pizza, pop and various other snacks (chips, Skittles, etc.) will be on sale throughout the day. Cash Only.
* “Renfrew County Cross Country” and “Bishop Invitational’ shirts are available for a cost of $20.00 short sleeve and $25.00 long sleeve. Cash Only.
* Registration through Trackie. The registration link will be sent in another email. Registration questions/issues should be directed to andrew.kraftchick@rccdsb.ca. ***Registration Deadline is Monday, September 22nd at 4:00 p.m.***

**Other Notes for Coaches, Parents and Runners**

* be sure you register your runners in the proper category - both division and boy/girl - otherwise they will not score;
* when passing out bib numbers on race day double check that the number matches the runner. This is especially important if you have runners sharing and changing jerseys - otherwise they will not score;
* please ensure you are aware of your runners' medical needs - puffers, epis,...;
* 911 is our emergency contact. Address: Riverside Park

961 Pembroke St W

Pembroke, ON

;

* the yearly plaque on the trophy is your school's responsibility over the year that you have the trophy;
* everyone needs to be mindful of races going on - clear the way and leave ample room for the runners;
* avoid asking questions about how you did to the finish line crew - they are super busy and really don't know;
* runners need to be careful and safe before and after races - especially on the play structures, etc.;
* coaches will receive an email with the results and pictures (individual award winners) after the meet;
* please make an effort to have folks pick up their garbage - a garbage bag is given in the meet package on race day and there are several around the property;
* if someone loses something on race day, please email me (susan.cotnam@rccdsb.ca) and I'll check our lost and found bags;
* results will be posted on the side of the gazebo;
* if there is the potential for lightening or very heavy rain we will need to re-schedule the day;
* please direct race day questions to either Sue Cotnam, Andrew Kraftchick or Matt O’Connor. We will do our best to answer or fix, but some problems often need to wait until after the meet.