



Welcome to Cross-Country!

We just had our district Cross Country meeting yesterday, September 12th, and we have our dates and venues! Thank you for your patience as we really had no information until we found out about the league dates or schedules of athletes to attend practices. We began a gentle roll out of lunchtime runs in the meantime. It is a relatively short season this year and we are pleased that your child has committed to representing Colquitz Middle School!

*Please make sure you have filled in the sports permission slip (pink) as well as your driver information in the office. I will meet all students in foyer to ensure all have a ride.

***Practices** are Monday, Wednesday and Friday at lunch with Mrs. Crljenkovic and/or Ms. Malec.

***Meets** are:

Thursday, September 26 –	Lambrick Park
Thursday, October 3	Beaver Lake (gravel parking lot km0)
Thursday, October 10	Cedar Hill run trail by Rec Centre
Thursday, October 17	Juan de Fuca (drive past Q centre)

****We will be relying on parent drivers to get runners to the Meet. Please let your child know by Wednesday of each meet week if you are able to drive them (and others).**

start time approx.	age group	distance
3:45	grade 6 girls and boys	1.5 km
3:55	grade 7 girls and boys	1.5 km
4:05	grade 8 girls and boys	2 km

League information:

Ribbons will be given out after each race to the top 15 boys and girls and to the top teams. Results are no longer being posted online. You can always go to the LIMMSA site through the school district site to find out venue and map of route if this paperwork is misplaced

If you have any questions/concerns, please contact Christine Crljenkovic at the school or by email. ccrljenkovic@sd61.bc.ca or lmalec@sd61.bc.ca

Thank you,

Christine Crljenkovic and Laura Malec