



Welcome to Cross-Country!

We are pleased that your child has committed to representing Colquitz Middle School!

Coaches: Ashleigh Albach Christine Crljenkovic and various guest staff

***Practices:**

Monday and Wednesday lunch. Students are expected to run in running shoes and shorts/trackpants.

Meets

Thursday, September 24th - Lambrick Park Field (best to park off Feltham Rd)

Thursday, October 1st - UVic. This is a new race course which will begin by the old dog park off Cedar Hill Road (close to the Henderson rec centre)

Thursday October 8th - Beaver Lake (Located beside the Filter Bed parking area. Drivers will turn off Elk Lake Road into the park and continue past the dog park area, continue past the second parking area and end up in the **third** parking lot which is gravel. There is a large grey sign with blue lettering to designate the area of the park.)

****Students will sign up on the athletic board before every race to ensure we have brought their information sheet, ensure rides and as a body count at the end of the race. 😊**

****We will be relying on parent drivers to get runners to the Meet. If students need a ride, they must check in with one of the coaches before race day to ensure there are enough seats in our personal vehicles. I am able to give rides back to the school after our last student has finished their run and all athletes have been picked up by their parents. If you need to contact me by cell: 250 896-6006**

****If you are driving another child, you must fill in the driver’s abstract and criminal record check found on our website.**

League Race Times Schedule

Start time	Age group	distance
3:45	Grade 6 Boys	1.5 km
3:50	Grade 6 Girls	1.5 km
3:55	Grade 7 Boys	1.5 km
4:00	Grade 7 Girls	1.5 km
4:05	Grade 8 Boys	2km
4:10	Grade 8 Girls	2km

League information:

Ribbons will be given out after each race to the top 20 boys and 20 girls.

Further information: <https://lowerislandschoolsports.ca/middle-schools>.

The schedule is also posted on our school website as well as on the information board in the lobby.

If you have any questions/concerns, please contact Christine Crljenkovic at the school by email.

crljenkovic@sd61.bc.ca

GOOD LUCK!!!!!!

Coaching Team