

To: Parents/Guardians

Fr. Mrs. Potts/Mr. Williston/Mrs. Scholfield

Re: Cross Country

Date: Sept. 7th

The Cross Country season will begin next week. Practice will take place Monday from 3pm-4pm and meets will be held on Wednesday at various locations in Miramichi. I ask that students bring appropriate clothing for each practice and meet (i.e. running shoes, track pants, water bottle, etc.) Please complete the permission slip below and return it with your child before our first Cross Country meet. Please note that all races are appox. 1km.

**The District has not set the dates for our meets yet, so runners will be given a schedule as soon as possible.**

**Our first practice is on Monday Sept. 10th (3-4pm at the School/Hollow).**

**Second practice is on Wednesday Sept. 12th (3-4pm at the School/Hollow) for those NOT on a soccer team.**

Coaches will meet all participants at the meet location 15 minutes prior to start time. Please ensure that arrangements have made for transportation for your child to and from each meet.

Thank you for your help and cooperation.

Please sign the permission slip below.

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I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, herby grant permission for

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Grade \_\_ ) to participate in the Saint Andrews

**District 16 Cross Country Program. September 2012**