

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.

**Runners will be given a schedule at their first practice on Monday September 12th (3-4pm at the school/Hollow).**

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 2011