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To: Parents/Guardians

Fr. Mrs. Wilson, Mr. Williston, Mrs. Lamkey, Ms. Kane

Re: Cross Country (Grades 3, 4 and 5)

Date: Sept. 12th

The Cross Country running season at Saint Andrews will begin this week. Practice will take place on Mondays from 3pm-4pm at the school/Hollow. Meets will be held on Wednesdays at various locations in Miramichi. Students must bring appropriate clothing for each practice and meets (i.e. running shoes, track pants, water bottle, etc.) Parents/Guardians **must** complete the permission slip below and return it to your child’s teacher **before** our first practice. Please note that all races are appox. 1km and there is no cost for students to participate. **Students and parents are responsible for their own transportation from practices and to and from all meets.** All runners will be given a Uniform Contract to be signed at the first practice and will receive their uniform once the contract has been returned to their coach.

**Practices/Meets:**

Wednesday Sept. 14th (3-4pm at the school and the Hollow).

Monday Sept. 19th (3-4pm at the school and the Hollow).

Wednesday, Sept. 21st (**Meet** at the Hollow).

Monday Sept. 26th (3-4pm at the school and the Hollow).

Wednesday, Sept. 28th (**Meet** at the NSEE – Sunny Corner).

Monday, Oct. 3rd (3-4pm at the school and the Hollow).

Wednesday, Oct. 5th (Meet – Natoaganeg School - Eel Ground)

Wednesday, Oct. 12th (Meet – Croft Elementary)

Friday. Oct. 14th (Saint Andrews School Meet – 12:45pm at the Hollow)

**Please note that dates may change due to weather.**

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

Thank you for your help and cooperation.

**Please sign the permission slip below to your child’s teacher by TUESDAY, Sept 13th.**

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I (parent’s signature) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, herby grant permission for

(child’s name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Homeroom \_\_ ) to participate in the St. Andrews.

**Saint Andrews Cross Country Program. September 2016**