



Join the Team! Cross-Country Schedule for 2017-2018

We welcome all interested students in grades 3, 4, and 5 to participate on the École Quadra School Cross Country Team.

Practices are held on Wednesdays and Fridays at lunch. Wear track pants or shorts (no jeans), and running shoes.

Races for our zone will be held on the following dates:

- Monday, September 25th**
- Monday, October 2th**
- Tuesday, October 10th**
- Monday, October 16th**

There will be a **City Final** meet for all zones **on Monday, October 23rd at 1:00 pm** at Beacon Hill Park. This is the only meet that is held during school time.

All regular meets begin at 3:45 pm and are over by 4:30 pm. The grade 3s run first so they have to be ready to go at 3:30 pm.

Parents are responsible for driving your child to and from the regular meets. If you need help with driving please indicate on the tear off section below.

Please sign the section below and have your child return it to by Friday, September 22nd.

We're looking forward to a great season.

Cheryl Rolston, vice-principal

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I give permission for my child, _____, in Div _____, Grade _____, to participate on the Quadra Cross Country team. I understand that some of the training may take place off the school grounds, under adult supervision (Topaz Park).

Parent's name: _____

Contact email: _____

Phone number: _____

If you need assistance getting your child to/from a meet, please email crolston@sd61.bc.ca I will have some spaces available to drive children.