**CROSS-COUNTRY REGIONAL CHAMPIONSHIPS (grades 7 & 8)**

WEDNESDAY, October 16th, 2013 Walter Baker Park (Kanata Rec. Center)

Your child was selected to represent Katimavik ES at the Regional Cross-country meet. Please read through this note carefully.

**Preparation**

It is encouraged that your child practices running a few times for +/-15 minutes until Sunday Oct. 12. S/he should not run the last 2 days before the race. A good breakfast in the morning and a nutritional snack at school would be great. S/he should bring more food to eat at the meet for after the run. A full bottle of water is also a must.

**Clothing**

It is important to stay WARM and DRY before the race.

Suggestions:

Running shoes, dry socks, shorts, t-shirt (or long sleeve shirt) for the race (no hoodies, vests, etc)

You will also be wearing a Katimavik T-Shirt on top of your clothes. Bring yours if you have one!

Long pants, sweater (coat) to wear on top before and after the race.

Extra pair of socks, raincoat, umbrella if there’s a chance of rain. (to stay DRY and WARM)

Mitts, hat, coat if it’s a cold day (to stay DRY and WARM).

There is nothing wrong with bringing extra stuff in your backpack.

**Transportation**

*to the race …*

Students will be dismissed from their class at 11:35am. They are to come to the gym with everything they need, go to the washroom and change to be ready to hop in the bus at 11:50am.

*Back to school…*

We will gather at 2pm at the tent to get ready for the bus.

**Permission forms**

All forms and money ($7.00) are due back to M. Bédard **no later then Thursday October 10th**

**Volunteer parents**

In order to give the opportunity to so many students to participate, we need the help of volunteer parents to supervise at the site and also to ride with us in the bus. If you are planning on coming to watch your child, please consider volunteering as well. Indicate it on the permission form. Your help would be needed to set up the tent and to stay around our area in case of an emergency. **You will have the liberty to fully watch your child’s race as well**.

**Instructions**

1. Upon arrival at the park, we will go to the Katimavik tent.
2. Stick around the tent for last minute instructions.
3. 15 minutes before your race, get a Katimavik t-shirt from our bag, warm up and stretch. Make sure your shoes are well tied. Ask M. Bédard or Mrs. Ross which chute our school should start from. Get to the start 5 minutes before your scheduled time.
4. Do your best during the run. Don’t take it easy even if there are a lot of people in front of you. Keep pushing until the end; every points (rank) count for the school’s overall points.
5. When crossing the finish line, you will end up in a single file and someone will give you a number. KEEP THAT NUMBER and FIND Mrs. Ross or M. Bédard in the gazebo to tell them. We need to record everyone’s ranking for the ‘teams points’. Then, go back to the tent to return your t-shirt for others to use.
6. Relax, drink and eat. Cheer for other Katimavik runners and friends. Make sure you’re at the tent for 2pm.

**Schedule**

12:30 Grade 8’s 13 yr. old girls 3 km

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1:10 Grade 7’s 12 yr. old girls 3 km

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**Other info**

Spikes are not allowed.

Cross country meet t-shirts will be sold at the site for $12.00.

Top 20 of each event will move up to the Board’s Championship on October 20th.

Top 3 schools of each event (points) will move up to the Board’s Championship as well. (For us, it means that if one of our teams (ex: Gr.8 Boys) finishes in 1st, 2nd or 3rd position, our top 7 runners of that team will come to the Board’s Championship even if they were not in the top 20.

Should you need more information, feel free to contact me Stephane.Bedard@ocdsb.ca