**CROSS-COUNTRY REGIONAL CHAMPIONSHIPS (grades 3-4-5-6)**

FRIDAY, October 18th, 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 +/-10 minutes up to Tuesday Oct. 15. S/he should not run the last 2 days before the race. A good breakfast in the morning 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 immediately after morning attendance. 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 9:15am.

*Back to school…*

We will gather at 12:15pm 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 assistance will be needed to set up the tent upon arrival, to bring groups of students to the washroom, to be there in case we need to attend to an injured student. **You will have the liberty to fully watch your child’s race as well**.

**Instructions to athletes**

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 and stay with your KES Intermediate helper (you will meet him/her in the bus). S/he will help you warm up and stretch and will bring you to the starting line. Make sure your running shoes are well tied. With your KES helper, you will 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 your helper in the gazebo to tell them. They 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 12:15pm.

**Schedule**

**10:00-10:15 11 yr. old girls Grade 6 2 km**

**10:15-10:30 11 yr. old boys Grade 6 2 km**

**10:30-10:45 10 yr. old girls Grade 5 2 km**

**10:45-11:00 10 yr. old boys Grade 5 2 km**

**11:00-11:15 9 yr. old girls Grade 4 1 km**

**11:15-11:30 9 yr. old boys Grade 4 1 km**

**11:30-11:45 8 yr. old girls Grade 3 1 km**

**11:45-12:00 8 yr. old boys Grade 3 1 km**

**Other info**

Spikes are not allowed.

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

The actual routes are posted on our KES Athletic Website

<http://katimavik.weebly.com>

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

**Stéphane Bédard**