

District Cross Country  
Thursday October 6, 2016  
Glaslyn Central School

1. Walk through begins at **10:00 SHARP**. Please be on the grounds by 9:30 am
2. Provincials are scheduled for **Saturday October 15<sup>th</sup> in Delisle**. All athletes grade 9 and up can advance. The **top 10 in each group will advance**.  
(Please discuss with your athletes prior to the meet if they plan on competing at provincials).
3. There will be a coaches meeting at lunch to determine the provincial roster.
4. Complete the attached form and email back to [Jessica.laclare@nwsd.ca](mailto:Jessica.laclare@nwsd.ca) by **September 30<sup>th</sup>**
5. Each school is responsible for making their own travel arrangements to Provincials and accommodations.
6. There will be a full canteen available at Glaslyn

**Race Orders** (as per Activity Guidelines)

Age class based on August 31<sup>st</sup> of current year

Sr Boys	6000m	16 & over
Sr Girls	4000m	16 & over
Midget Boys	4000 m	Under 15
Midget Girls	4000 m	Under 15
Jr. Boys	5000 m	Under 16
Jr. Girls	4000 m	Under 16
<b>LUNCH BREAK</b>		
Bantam Girls	3000m	Under 13
Bantam Boys	3000 m	Under 13
Pee Wee Boys	2000 m	Under 11
Pee Wee Girls	2000 m	Under 11

Commissioner: Jessica LaClare 306-342-2114, [Jessica.laclare@nwsd.ca](mailto:Jessica.laclare@nwsd.ca)

Coach: Anita Hamm, [anita.hamm@nwsd.ca](mailto:anita.hamm@nwsd.ca)