



KINDERSLEY COMPOSITE SCHOOL

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District Cross Country 2022 Wednesday, October 5th Kindersley, SK.

LOCATION:

Kindersley Regional Golf Course. Turn south off of highway 7 on Ditson Drive. The golf course is on the west side of Ditson Drive.

AGE CLASSES & RACE DISTANCES:

Age Classes (All as of August 31 of the current school year)	Race Distances	
	BOYS	GIRLS
Pee Wee - Under 11	2000m	2000m
Bantam - Under 13	3000m	3000m
Intermediate - Under 15	3000m	3000m
Junior - Under 16	4000m	4000m
Senior - 16 and over	5000m	4000m

SCHEDULE:

Please Note: We will run the meet as quickly as possible. The expectation is that there will be **no more than two races on the course at any time**, so times are only an estimate and the schedule could run quicker! **If numbers are small in certain categories we will consider combining races.**

The approximate schedule is as follows:

1:30 p.m.	COURSE WALK	
2:30 p.m.	Pee Wee Boys	(2000 m.)
2:40 p.m.	Pee Wee Girls	(2000 m.)
2:55 p.m.	Bantam Boys	(3000 m.)
3:05 p.m.	Bantam Girls	(3000 m.)
3:20 p.m.	Intermediate Girls	(3000 m.)
3:35 p.m.	Intermediate Boys	(3000 m.)
3:50 p.m.	Jr. and Sr. Girls, Jr. Boys	(4000 m.)
4:10 p.m.	Sr. Boys	(5000 m.)
5:00 p.m.	PRESENTATIONS / COACHES MEETING	

OTHER:

Each school can run a maximum of 10 competitors per age class. **Please submit your team by FRIDAY SEPT.30 to adina.coles@sunwestsd.ca . NAME TAGS WILL BE PROVIDED! Please indicate if your intermediate runner is in grade 8 or 9.**

There will be a medal for the top finisher in each age division and ribbons from 2nd to 10th.

The clubhouse restaurant will be open to purchase food, and washroom facilities are available in the conference room of the clubhouse.

The Provincial Team will be picked that day. All Intermediate, Junior and Senior competitors must commit at the finish line. Midget competitors **MUST BE IN GRADE 9** to advance to Provincials. Provincials are on Saturday, October 15th at Wapiti Valley Ski Resort.

If you have any questions at all, I can be contacted by email, or at Kindersley Composite School 306-463-3771.

Adina Coles