

«First» «Last»

«Homeroom»

WARRIOR CROSS COUNTRY TEAM MEET ENTRY INFORMATION

DORCHESTER INVITATIONAL CROSS-COUNTRY

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DATE: Thursday, September 21st, 2017
LOCATION: Dorchester Fairgrounds
DEPARTURE: The bus will leave the school at 11:00 a.m.
RETURN: We should return to the school around 6:00 p.m. (This is only an estimate of our arrival time - we may arrive before or after this time. If you have to arrange a ride home either call from the school or make a call from London) (we will not be stopping for food)

AGE CLASSIFICATIONS: Midget: - Grade 9
Junior: - Grade 10
Senior: - Grade 11/12

RACE TIMES AND DISTANCES: Midget Boys Race - 3k - 1:55 p.m.
Midget Girls Race - 3km - 2:25 p.m.
Junior Boys Race - 4 km - 2:55 p.m.
Junior Girls Race - 4 km - 3:25 p.m.
Senior Boys Race - 5 km - 3:55 p.m.
Senior Girls Race - 5 km - 4:25 p.m.

RACE DAY PROCEDURES: When we arrive at the meet, all athletes will participate in the race course walk-through. Thirty to forty minutes prior to race time, athletes will do a ten to fifteen minute warm-up run and then stretch. Ten minutes prior to race time, athletes should report to the start line.

MISSED CLASSES: - You are required to inform your teachers, **before you leave**, that you will be absent on Thursday. They will be more than happy to tell you what work you will be missing.

BRING WATER!!!!

DUE TO THE LARGE NUMBER OF ATHLETES ON THE TEAM THIS YEAR, WE WILL NOT BE ABLE TO ENTER EVERYONE IN THIS RACE! PRACTICE ATTENDANCE WILL BE A MAJOR FACTOR IN THE COACHES' DECISION-MAKING.

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Entries will completed online this year. Please go to www.warriorcross.ca and hit the link for the DORCHESTER Meet Entry Form.

If you are not going to the meet but will be training with the team and **may** compete later this season OR you don't have time to be on the Cross-Country Team this year, please let Mr. Dewan or Mrs. Yundt know!