

«First» «Last»

«Homeroom»

**WARRIOR CROSS COUNTRY TEAM MEET ENTRY INFORMATION**

**DORCHESTER INVITATIONAL CROSS-COUNTRY**

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**DATE:** Thursday, September 20<sup>st</sup>, 2018  
**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](http://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!