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WARRIOR CROSS COUNTRY TEAM MEET ENTRY FORM**HURON-PERTH CHAMPIONSHIPS 2023****PLEASE MAKE SURE YOU HAVE PAID YOUR \$85 ATHLETICS FEE FOR THE SEASON!!!****HURON-PERTH XC CHAMPIONSHIPS****DATE:** Thursday, October 19th, 2023**DEPARTURE:** The bus will leave the school at 10:00 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 Clinton) (we **will not** be stopping for food).

Stop at the corner of Napier and Marlborough Streets in Mitchel – 9:20 a.m. and 5:30(ish)

RACE TIMES AND DISTANCES:

Registration and Course Tours:	11:00-12:15 pm
Coaches Meeting (near starting line)	12:15
Ambulatory/ Para	12:30
Novice Boys:	1:00
Novice Girls:	1:30
Junior Boys:	2:10
Junior Girls:	2:45
Senior Boys:	3:30
Senior Girls:	4:15

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.**COME DRESSED FOR THE WEATHER!!!!!!!****OTHER INFO:**There will be limited washroom and no change room facilities at this meet. **Water** may not be available so you must **bring your own – BRING AT LEAST 1.5 LITRES OF WATER. Make sure you bring a lunch with you!!!**

Bring lots of clothes with you on Thursday. The course is very muddy!!

To register for this meet – go to www.warriorcross.ca and find the registration link for the Huron-Perth Meet. Entries are due Monday, October 16th, 2023. YOU MUST ATTEND THIS MEET IN ORDER TO PROCEED TO WOSSAA