

«First_Name» «Last_Name»

WARRIOR CROSS COUNTRY TEAM MEET ENTRY FORM

CHSS Invitational and Huron-Perth Championships.

PLEASE BE SURE TO READ ALL THE INFORMATION BELOW!!!!!!!



YOU HAVE COMPLETED YOUR HEALTH AGREEMENT:

«Health Agreement»

The agreement can be found at <https://bit.ly/smcoss-sports-health>

Students will not be allowed to attend practices (or meets) without having this form completed!!!



2. YOU HAVE COMPLETED YOUR PERMISSION AND CONCUSSION FORMS: «FORMS»

There is a copy posted at www.warriorcross.ca in case you have lost your copy.



3. MEETS – ENTRY INFORMATION IS ON THE BACK OF THIS PAGE!!! Make sure you head to warriorcross.ca to enter yourself in one or both meets!!



4. ATHLETICS FEE – There will be a fee for this team. It is likely to be about \$60. I will let you know by late this week or early next week what the fee will be!!!

DON'T FORGET TO JOIN “WARRIOR CROSS” or <https://www.facebook.com/groups/329752723787301/> ON



OR

To receive text updates from the team, add @warriorcro to the REMIND app.



MEETS THIS SEASON!!!

CHSS XC Invitational

DATE: Thursday, October 21st, 2021

DEPARTURE: The bus will leave the school at 1:00 p.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 Mitchell – on way home.

RACE TIMES AND DISTANCES:

3:00 Novice Girls (grade 9s) / Junior Girls (grade 10s) – 4 km
3:30 Novice Boys (grade 9s) / Junior Boys (grade 10s) – 4 km
4:00 Senior Girls (Grade 11+12s) – 5 km
4:30 Senior Boys (Grade 11+12s) – 5 km

HURON-PERTH XC CHAMPIONSHIPS

DATE: Thursday, October 28th, 2021

DEPARTURE: The bus will leave the school at 9:00 a.m.

RETURN: We should return to the school around 4:00 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 Mitchell – both directions.

RACE TIMES AND DISTANCES:

11:00 Novice Girls (grade 9s) – 4 km
11:30 Novice Boys (grade 9s) – 4 km
12:00 Junior Girls (grade 10s) – 5 km
12:40 Junior Boys (grade 10s) – 5 km
1:15 Senior Girls (Grade 11+12s) – 6 km
2:00 Senior Boys (Grade 11+12s) – 6 km

To register for these meets – go to www.warriorcross.ca and find the registration links. Entries are due by Thursday, October 14th, 2021

Cross Country

Masking and Distancing	
Athletes	<ul style="list-style-type: none"> Require masks at start of race and after race Require masking while in change rooms or meeting rooms.
Coaches	<ul style="list-style-type: none"> Always require masking.
Officials	<ul style="list-style-type: none"> Always require masking.
Volunteers	<ul style="list-style-type: none"> Always require masking.
Spectators	<ul style="list-style-type: none"> Are not permitted.
Sport Specific	
Pre/Post Race	<ul style="list-style-type: none"> Marker will be placed 50m from start line to indicate when masks can be removed Masks can be removed after participants have gone past 50m marker Area will be place at finish line to allow participants to recover and be spaced after the race Masks must put back on after participants have recovered from the race and distancing cannot be maintained Athletes and teams will minimize time in the venue following the race and leave the venue in a timely fashion. Award ceremonies will implement proper distancing between players, coaches, officials, and volunteers. Individual award winners will retrieve their award from the awards area. For team awards, a team designate must retrieve the team awards.
Practices	<ul style="list-style-type: none"> Require masking while indoors (e.g., change rooms) Require Masks if 6ft distancing cannot be maintained