


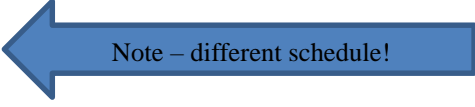
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WARRIOR CROSS COUNTRY TEAM MEET REMINDER

WOSSAA MEET – THURSDAY, OCTOBER 29th, 2015

While the entire team qualified for WOSSAA, we will be tight for spots on the bus. If you plan on getting a ride to the meet with your parents or if you do not plan on attending, please come see me today!

«PAID»

<u>DATE:</u>	Thursday October 29th, 2015	
<u>LOCATION:</u>	Springwater Conservation Area, Alymer, Ontario (see www.warriorcross.ca for directions)	
<u>DEPARTURE:</u>	The bus will leave the school at 8:00 a.m.	
<u>RETURN:</u>	We should return to the school around 5:00 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 Alymer) (we MAY be stopping for food)	
<u>RACE:</u>	11:30 Midget Girls (box 3) 12:00 Junior Girls (box 1) 12:30 Senior Girls (box 2)	1:00 Midget Boys (box 3) 1:30 Junior Boys (box 1) 2:20 Senior Boys (box 2) 

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/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.**
- If your parents plan to come and wants driving directions, they can check www.warriorcross.ca for directions.
- There will be t-shirts for sale at the meet. See www.warriorcross.ca for more info.