[](http://www.google.ca/imgres?imgurl=http://blogs.rockingham.k12.va.us/tahs/files/2012/07/Cross-Country-DC_MED.jpg&imgrefurl=http://blogs.rockingham.k12.va.us/tahs/2012/11/&h=288&w=288&tbnid=W0NlUFYB_uuX-M:&zoom=1&docid=8bXvwj7tUMVxXM&ei=M5EhVNKaGIa1yASXzoIw&tbm=isch&ved=0CE8QMygjMCM&iact=rc&uact=3&dur=1097&page=2&start=19&ndsp=24)Haldimand Family of Schools Annual

Cross Country Meet

Wednesday October 17th 2018

Taquanyah Nature Centre

[](http://caitchock.com/wp-content/uploads/2012/08/xcsign.jpg)

Haldimand Family of Schools Cross Country Meet 2018

Place : Taquanyah Nature Center

Date: Wednesday October 17th – Raindate Thursday October 18th

Time: 9:30 am to 2:45pm

Cost: $2 per person (Make all cheques payable to GRCA (Grand River Conservation Authority)

Order of Races: Times

1. Gr. 3 Girls 9:30 am
2. Gr. 3 Boys 9:55 am
3. Gr. 4 Girls 10:20 am
4. Gr. 4 Boys 10:45 am
5. Gr. 5 Girls 11:10 am
6. Gr. 5 Boys 11:35 pm
7. Gr. 6 Girls 12:00pm
8. Gr. 6 Boys 12:25 pm
9. Gr. 7 Girls 12:50 pm
10. Gr. 7 Boys 1:15 pm
11. Gr. 8 Girls 1:40 pm
12. Gr. 8 Boys 2:00 pm

Things for the 2018 Meet

* This year the format and the length will be the same

* We have kept the whole day format.
* Food booth is a maybe this year, I am still waiting on a few parent council members. I will keep you all posted. Game time decision.

* There will be three medals handed out per race (1st, 2nd, 3rd ). At the end of the day.
* There will be 6 team banners handed out to the school for point winners. This year the team banner will go to the top 2 finishers in boys and girls per grade.
* **There will be a CAGE event for cross country (Wednesday October 24th @ Memorial Park in Simcoe). The rain date is Friday Oct 26th. CAGE participants will be informed about participation after all results are in. It is a half day event on the 24th with only 3 divisions for boys and 3 divisions for girls. Divisions are Boys and Girls Gr. 4/5, 6/7 and 8. I was informed that Gr. 3’s will not attend CAGE this year.**

Haldimand Family of Schools Cross Country Meet

Rules and Regulations

* Coaches – There are 11 schools that participate. 12 races, 2-5 of your best at each age group, that’s a team of 36 to 48 athletes. There will be about 300 athletes.
* The senior course, and the Jr course is the same as last years. We will have volunteer “sweepers” to make sure that things will run smoothly along the course.
* The gr. 3, 4 and 5 course will be about 2 km ( a loop )

The gr. 6, 7 and 8 course will be about 3km ( a loop )

* Teams are comprised of 4 runners (top two from boys and top two from girls per Grade. Their placings represent the number of points given. For example, if the runners from School A finish 4th, 9th, 17th and 22nd respectively, these point totals are added together (52 points) for the team total. Coaches can write down the four members of each team and submit their score sheets to the scoring table. The team with the lowest point total is deemed winner.
* No numbers are needed for the runners themselves. The hand of the runner will be marked with the corresponding place they finish.

* Medals are awarded to the top three runners in each division, and a banner to the top team. Awards – medals – will be presented at the Nature Centre at the conclusion of the senior boys’ race.
* **Please have your students monitored at all times as there will be a lot of down time between races. NO TREE CLIMBING, PLEASE PICK UP AFTER YOURSELF**

* Any questions, please ask, and thanks for the responses and support.

Please fill out the scoresheets after the race. This way your top four runners can be on one “team”. Where there are not enough (4) members to comprise a team, runners are considered for individual awards but not the team awards.

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division Gr. 3 Girls

Name Placing

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division: Gr. 3 Boys

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School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division Gr. 4 Girls

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division: Gr. 5 Boys

Name Placing

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School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division Gr. 6 Girls

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division: Gr. 6 Boys

Name Placing

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School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division Gr. 7 Girls

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Name Placing

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School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division Gr. 8 Girls

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division: Gr. 8 Boys

Name Placing

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