



## Montgomery Cross Country



It's cross-country season! This information sheet has been sent home because your child has indicated that they would like to participate. Practices will take place most days during lunch recess in the weeks leading up to and surrounding the events. Athletes are expected to commit to team practices and are also encouraged to work independently on their fitness – why not get the whole family out for a jog!

Meets will take place on Wednesday afternoons at the following locations:

**Wednesday, September 20<sup>st</sup>**

**Wednesday, September 27<sup>th</sup>**

**Wednesday, October 4<sup>th</sup>**

**Wednesday, October 11<sup>th</sup>**

Wednesday, October 18<sup>th</sup>

**Morrell Park**

**New Maryland Elementary School**

**Odell Park**

**District Meet at Nashwaaksis Middle School**

Rain date for district meet at NMS

As done in the past, those who take part will be responsible for finding their way to and from the meet location. Students should arrive at the meet location by 1:00pm. The first races start at 1:15pm beginning with the grade 3 students and all races will be finished by 2:30pm. Please ensure a parent, guardian, or caretaker is present to pick up their child/children by 2:30pm. As always, fans are encouraged to stay and cheer on the runners! We have a limited number of MSS team shirts, so athletes have been asked to find a red t-shirt to wear just in case and wear a pair of running shoes to each event.

Grade 3 students will be running an 800m race, while the grade 4-5 students will run a 1km race.

If you have any questions or would like to help with the team in any way, you can send an email to [marcus.dolliver@nbed.nb.ca](mailto:marcus.dolliver@nbed.nb.ca), or stop by and visit me in the gym!

Thanks!

Marcus Dolliver