

## Cross Country Information – Practices Start Sept. 17 – Oct. 17

### Practices

**K-3** students practice from 8:30 am until 8:55 am Wednesday's & Friday's  
Meet at the Gordon Gym. Students will run on the school grounds.

**Gr. 4 – 7** students practice from 8:15 am until 8:55am Tuesday's & Thursday's  
Meet at the Gordon Gym. Students will run to Tatlow Park.

### Meets

Gr. K - 3

Sept. 23 & Oct. 9 @ Camosun Park 4102 West 16th Ave, Vancouver, BC V6R 3E3 –  
beside Queen Elizabeth School

Gr. 4-7

Sept. 29 & Oct. 9 @ Camosun Park 4102 West 16<sup>th</sup> Ave. Vancouver, BC V6R 3E3 –  
beside Queen Elizabeth School

Oct. 21 – All Grades FINALS @ Trout Lake Park - 2120 19th Ave E, Vancouver, BC V5N 2J4

Please note: parents must arrange drives to the competition within themselves.

Students who wish to participate are required to fill out a cross country form which was given out to interested students at the meeting today. Extra forms are available at the office. ***These must be filled out and returned on the first day of the practices in order for students to be allowed to participate.***

Students must attend a minimum of 2 practices to be allowed to compete in the meets. Attendance at the meets is optional, but students must compete in a minimum of one meet to be qualified to attend the finals.

Parents are welcome to join the intermediates on the run practices.