

IMPORTANT INFORMATION - PLEASE TRANSLATE

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| Informations importantes - Veuillez traduire | • | 这是一份重要信息 — 请找人为您翻译 |
| Mahalagang Impormasyon - Paki salin sa sariling wika | • | Thông tin quan trọng - Xin tìm phiên dịch |
| ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ-ਮਿਹਰਬਾਨੀ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ/ਕਰਵਾਓ | • | महत्वपूर्ण जानकारी - कृपया अनुवाद करें |
| Información importante - Por favor traducir | • | 重要な情報-翻訳してください |
| 중요한 정보 - 번역 부탁드립니다 | • | معلومات مهمة - الرجاء الترجمة |
| اطلاعات مهم - لطفا ترجمه کنید | • | Важная информация - переведите, пожалуйста |

2025 DISTRICT CROSS-COUNTRY MEET INFORMATION

Dear Parents, Caregivers, and Volunteers,

We are excited to share important details about the upcoming 2025 District Cross-Country Meet. The event is set for Tuesday, October 21, 2025, from 1:00 - 3:00 pm at Trout Lake Park (19th Avenue & Victoria Drive). The following information is provided to help ensure the day is a memorable, safe and positive experience for everyone. **Please take a moment to read this document carefully.**

This year again, K-3 students will run with their peers in the same grade, without differentiating their gender. They will be racing based on their grade and heat number according to school name. Your school-based coach will have access to this list and will be able to inform you which heat your child is participating in. This was very successful last year and encouraged full participation in an inclusive way for primary students. This change continues to support our Education Plan and our commitment to fostering an inclusive environment for all students. Additionally, every student participating in these races will receive a participation ribbon to celebrate their effort and enthusiasm.

2025 Race Schedule

Race Time	Race	Distance
1:00 pm	Grade 7 Boys	1900 Metres
1:08 pm	Grade 7 Girls	1900 Metres
1:16 pm	Kindergarten / Grade 1 – Heat A	1000 Metres
1:24 pm	Kindergarten / Grade 1 – Heat B	1000 Metres
1:32 pm	Grade 2 – Heat A	1000 Metres
1:40 pm	Grade 2 – Heat B	1000 Metres
1:48 pm	Grade 3 – Heat A	1000 Metres
1:56 pm	Grade 3 – Heat B	1000 Metres
2:04 pm	Grade 4 Boys	1500 Metres
2:12 pm	Grade 4 Girls	1500 Metres
2:20 pm	Grade 5 Boys	1500 Metres
2:28 pm	Grade 5 Girls	1500 Metres
2:36 pm	Grade 6 Boys	1500 Metres
2:44 pm	Grade 6 Girls	1500 Metres

* Heat A includes schools Bayview – Maquinna

* Heat B includes schools McBride – Xpey

The first race (Grade 7 boys) will start at 1:00 pm. Subsequent races will begin every 8 minutes. Parents should err on the side of caution if they are trying to estimate what time their child is running. Grade 7 boys should be in the marshalling area by 12:45 pm.

Event Venue and Parking:

- We are prepared to hold the event regardless of weather conditions. Any facility closures will be determined by the Parks Board and communicated promptly. Changes to the event will be communicated via school coaches and administrators, as well as the Elementary Athletics Team.
- Parking is available off 19th Avenue. Those parking illegally or blocking driveways will be towed. Please carpool, take public transit, cycle or walk to the site, if possible. **Please note that we will not have access to the Trout Lake Community Centre parking lot this year.**

Safety and Event Regulations: To ensure the safety and success of all participants and spectators, please adhere to the following rules:

- **Tent Placement:** For safety reasons, we request that no tents be set up near the marshaling area or the start and finish lines. These areas tend to be congested, and overcrowding can cause safety concerns.
- **Course Access:** Only race participants will be permitted in the marshaling area and on the course. Parents are requested not to gather near the starting and finishing lines and must wait outside the roped areas to collect, congratulate, or take photos of their runners. Please stay within designated course boundaries to prevent accidents.
- **Participation Requirement:** To ensure fitness and safety, all participating students should have competed in a mini-meet before running in the District Meet.
- **No Pacing or Running Alongside:** Parents and coaches are prohibited from pacing, running, or biking alongside runners at any point during the race.
- **Electronic Devices:** With the exception of watches, participants are not allowed to wear any electronic devices, including GoPros.
- **Appropriate Dressing:** Athletes should dress appropriately while waiting for their race. This may include gloves, rain suits, extra socks, hats, umbrellas, and blankets. Please ensure that athletes are in proper gym attire for their race, with warm clothing for after the event. Starters may withdraw students inappropriately dressed (e.g., jeans or boots).
- **Spectator Areas:** All spectators must watch the races from outside the course boundaries. Certain areas will be roped off to ensure the safety of the runners and officials.

Additional Information:

- Please leave dogs at home if possible. If this is not possible, ALL pets must be under control and leashed and away from any course boundaries, including the marshaling area and the start and finish lines.
- Washroom facilities are available in the park on the south side of the lake. Additional portable toilets will also be on site near the caretaker's house.

- Please **bring your own garbage bags. Leave your area clean at the end of the meet.** Failure to do so may result in additional fees from the Park Board.
- All spectators are reminded to be respectful of all other spectators and participants. We welcome all students across the finish line with enthusiasm.

We appreciate your cooperation and understanding as we work together to create a safe and enjoyable environment for young VSB athletes. We look forward to seeing you at Trout Lake Park on October 21st, cheering on the athletes as they give their best on the cross-country course. Thank you for being a part of this exciting event.