

Baldonnel X-Country Running

The Elementary Sports Committee has set up a 4-race circuit this season.

Date	Location (Host)
Wed. Sept. 18 th @ 3pm	Surerus (Central)
Wed. Sept. 25 th @ 3pm	Kin Park (Bert Ambrose)
Mon. Sept. 30 th @ 3pm	Lonewolf Golf Club (Taylor)
Mon. Oct. 7 th @ 1pm	Upper Pine (Districts)
<u>Race Distances</u>	
Gr. 1-3 (1.5km)	
Gr. 4-6 (2.5km)	

Baldonnel runners have been training on our temporary school course during the school day. This course is 300m long so 5 laps equals 1.5km and 8 laps roughly equals 2.5km. Students who are unable to run atleast 2 consecutive laps without stopping require more practice to build up their endurance and will not be able to enter races until they can demonstrate improved running endurance ... Keep practicing!!!

Other Important Info

Coaches:

Mr. James & Mrs. Ditner

Athletic Fee:

\$10 due to the office prior to Sept. 18th.

Consent Forms:

Cover the entire season and are due to the office prior to Sept. 18th.

Transportation:

Busing will only be provided one way for all the local races (Central, Bert Ambrose & Taylor). Parents will need to pick up their child after these races.

Round trip busing will be provided for the one out of town races (UpperPine).

Parents will need to pick up their child once we return to Baldonnel school.

Approximate Bus Departure Times:

Surerus (Central) – 2:20pm (one way)

Kin Park (Bert Ambrose) – 2:20pm (one way)

Lonewolf Golf Club (Taylor) – 2:20pm (one way)

Upper Pine (Districts) – 11:45 (round trip)

