

Dear Cross Country runners and parents,

Congratulations on earning an invite to our District Cross Country Meet on Tuesday September 27st, 2016. Please find attached (or on [www.mdhpe.weebly.com](http://www.mdhpe.weebly.com) ) a permission form and medical form that need to be filled out and returned to Mme. Burwash by Friday September 23rd. Failure to do so may result in forfeiture of your spot on the team. If you cannot attend the meet please let Mme. Burwash know ASAP, so a substitute can be arranged.

**All students must meet with Mme. Burwash at lunch (12:00PM) in the gym on Monday September 26th to go over procedures for race day.**

Students are asked to ensure they have a few things prepared on the day of the meet:

* Proper footwear(runners)
* No jeans
* Black MDH shorts and MDH shirt (If ordered, students will receive this on Monday the 26th)
* Water Bottle
* Asthma Inhaler(if needed) and any other medication
* Lunch/snacks
* Race bib attached and filled out. (Your chaperone will provide this for you)

If at the meet you finish in the top 10 you will receive another invite to our District Cross Country Finals on October 6th

In addition to team points, we are also being scored on School Spirit. Selection for the School Spirit Award is done on-site with a presentation at the conclusion of the races. Criteria for this award are based on the following:

* School pride demonstrated at event
* School behaviour, support and cooperation of students and staff
* School leadership and acts of sportsmanship and kindness

**Below is an explanation of the point scoring system used. Points are totalled to determine our team score.**

* Top 10 Finishers – 150 Points
* Top 25% of Runners (% includes top 10 finishers) – 100 Points
* Next 25% of Runners – 50 Points
* Next 25% of Runners – 25 Points
* Last 25% of Runners (finishing under 11 minutes) – 10 Points

**Parents, if you are able to help with supervision on the day of the event, please send me an email ASAP (**[**julianna.burwash@cssd.ab.ca**](mailto:julianna.burwash@cssd.ab.ca)**). We will need approximately 14 parents to accompany our students to the meet. Any parents able to attend will meet with me in the staff room at 10:40 on the 26th to go over procedures for the afternoon. We will then meet with your assigned groups in the gym at 10:50 before boarding the bus. If you have any questions, please don’t hesitate to send me an email or check the MDH PE/Athletics website at** [**www.mdhpe.weebly.com**](http://www.mdhpe.weebly.com)**.**