

# A.D. Rundle Cross Country 2019

Welcome to A.D. Rundle's cross country running team! To become a member of our team is very simple. Make practices and participate to the best of your ability. Practices will be Wednesday and Friday from 2:30-3:30 each week.

The schedule for first 3 cross country meets/runs is listed below. Please remind your parents/guardians that the times are approximate **(these races sometimes don't run on time)**. You will have some down time during these races so bring food, and some type of liquid (water, Gatorade, Powerade, etc). Also, remember that the weather is sometimes wet so bring what you need to stay warm and dry. **For the two races in Chilliwack, transportation is one way. That means we will get your sons/daughters to the race, but they need to arrange their own ride home.** For any out of town races, students will be able to go to their lockers and use the phone when we return. Entry fees for the races are paid by the school. **ALL parents/guardians must go to the ADR website, and under forms fill out the athletic electronic permission form and pay \$20.** Please feel free to contact Mr. Lightle or Mr. Shea if you have any questions ([sean.lightle@sd33.bc.ca](mailto:sean.lightle@sd33.bc.ca) or [gerad\\_shea@sd33.bc.ca](mailto:gerad_shea@sd33.bc.ca) or at 604-792-4257).

<u>Date</u>	<u>Location/Race</u>	<u>Times</u> (There may be changes)
Wednesday, Sept 25	Twin Rinks Invitational Sardis	Leave ADR at 2:30 finished by 4:30 <b>MUST ARRANGE OWN RIDE HOME</b>
Thursday, Sept 26	Terry Fox Run A.D. Rundle	PM of the school day
Wednesday, Oct 9	Island 22 Invitational Chilliwack	Leave ADR at 2:20 finished by 4:30 <b>MUST ARRANGE OWN RIDE HOME</b>
Wednesday, Oct 23 (gr 8's only)	Eastern Valley Championships (Clearbrook Park, Abbotsford)	Leave ADR at 9:15 return to ADR by 12:45

**\*As with all our school sports we remind students that they are representing A.D. Rundle and as such must be good ambassadors. This includes being a student in good standing at ADR.**