



September 4, 2024

Dear Families,

We are pleased to inform you that we are offering, as part of our Athletics Program, the opportunity for students in grades 6–9 to represent Griffith Woods at this season's CMLSAA (Calgary Middle Level School Amateur Athletics) Cross Country Meets (South). There are only three race dates (see below). We encourage individuals to participate in all three, but it is not a requirement. There is no try-out and any interested students can represent at each race.

We would like you to be aware of the risks and hazards of participating in school sports, and so, attached is an **Acknowledgment of Risk Form** that must be signed and returned to Ms. Hicks no later than **Tuesday, September 10, 2024**. Please ensure that your child is dressed appropriately for the weather with proper outer clothing (while waiting), and running shoes for when they compete. If possible, students should wear Griffith Woods apparel so it is clear which school they're representing. Griffith Woods t-shirts and shorts can be purchased from the school from the PE department.

The respective Cross Country Running Meets will be at the following locations (please see attached maps) on the following dates:

- **Wednesday, September 11 – Stanley Park**
- **Tuesday, September 17 – North Glenmore Park**
- **South Finals: Monday, September 23 – North Glenmore Park**
- ***Alternate Date: Wednesday, October 1 – North Glenmore Park (in case of cancellation)***

The distances for each race will be as follows:

Youth (Gr. 6)- 1000 to 1500m

Junior (Gr.7) – 1000 to 1500m

Intermediate (Gr. 8) – 1000 to 2000m

Senior (Gr. 9) – 1500 to 2500m

Teachers will be at the course site by 4:15. **Students should arrive at 4:30**, and are able to walk the course, if they wish, until 4:45. The first race will start right at 5:00 (youth/grade 6 girls), followed every 10 minutes (or sooner) by the next group (youth/grade 6 boys, junior/grade 7 girls, junior/grade 7 boys, etc...).

We encourage you to come out and support your child as well as the rest of the team. At all races, Griffith Woods expects a high standard of sportsmanship from students, coaches and parents. We are all here to have a good time and enjoy the sport.

It is important to note that no transportation arrangements will be provided/coordinated by the school. Parents are expected to provide transportation to and from the race sites. **Please ensure you are at the race site no later than 6:00pm for pick up.**

Finally, feel free to contact us if you have any questions or concerns. Thank you for your support and we are looking forward to a cross country great season!

GO! WOLVES GO!

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