

X-COUNTRY MEET

INFORMATION 2021



**PLEASE RETURN BACK PAGE CONSENT
FORM BY SEPT 20 IF INTERESTED IN
RACING**

2021 season Meets:

The Battle River Race Series is within our school division. These races are open to Elementary, Junior and Senior High students.

Race # 1 Hardisty Invitational - Hardisty Thursday, September 23,
2021

(Cost \$23)

Race # 2 Spartan Tough - New Norway Wed. September 29, 2021

(Cost \$15)

Race # 3 Vikings Run - Camrose Thursday, October 7, 2021

(Cost \$15)

Race # 4 Rebel Town & Country Run - Bashaw Wed, October 13, 2021

_____ (Cost \$15)

- Students can compete in whichever meets they like, or they may train with the team just for fun.
- Meets are during the school day, and students need to be prepared to make up any work they miss at school. Teachers will be notified of the students who are racing at the meets.
- Depending on the meet schedule and distance from Hay Lakes, students may or may not be back at Hay Lakes School by the end of the day. We do not get back from the Hardisty meet until later in the evening. The other races, we typically will be back by bus dismissal. However, this is dependant on meet schedules. As I receive more information for each race, I will let you know the exact race times, when we leave from the school, and when we expect to be back at school after.
- Each race has their own prizes and placings. However, there is an overall series point system for athletes who participate in 3 or more of the races, and there are overall awards at the end of the season as well. The final race in the series also serves as the Battle River Schools Regional Championship for Jr. High.
- High School students also have Central Zone competitions should they wish to compete. If they are among the top finishers, they qualify for ASAA provincials. I will send the consent form and fee information at a later date.

High School Zones: Red Deer

October 6, 2021

MEET TRANSPORTATION:

- This year we will be using buses to go to the BRSD meets.
- Sr High Runners going to Zones, we will determine transportation ASAP.
- If you wish to take your child home from a meet, you are able to transport your own child. Parents can **only** transport other students if they have the **proper insurance and waivers. THIS IS A BRSD POLICY AND THERE ARE NO EXCEPTIONS.** If you wish to fill out the Drivers Abstract, please contact myself and I will get the right forms to you. Paperwork must be done well in advance of the event and the coach must be notified if a child is leaving the meet with a parent.

DEADLINES & FEES:

- Please select the races your child is participating in on the attached Field Trip Informed Consent form. Initial the races they will be going to, complete and sign the form, and return to Mme Lundy.
- Deadline for submitting forms: **SEPT 20, 2021.**
- If a student is ill or cannot attend a meet, please let me know as soon as possible and I will do my best to see if they can be refunded. Races typically will not refund last minute cancellations (i.e. 24 business hours)
- Payment for races are made using the school's online payment system. You will find the fees assigned to your child and you will pay for the activities they wish to do. Please let me know if you need a hand in how to access the system. The fees include race registration

plus cost of busing. For races that are further away, cost of participating is higher.

- If you have any questions at all, don't hesitate to email me and I am happy to help you and provide information with whatever you need!
Lori Lundy → llundy@brsd.ab.ca

UNIFORMS:

- After you hand in your forms and pay your fees you will be assigned a running singlet to wear if you are competing in any running meets. Take good care of it and keep it clean. You will hand it back in clean and washed after your last meet. Damaged or lost singlets will need to be replaced by the athlete if necessary.

TO BRING ON RACE DAY:

It is imperative that your runner comes prepared for their race by packing proper running gear that is suitable for the weather.

This would include:

- Running pants and/or shorts (if you are wearing shorts, please bring warm-up pants to keep you warm)
- Running shirt (it's a good idea to bring both short and long sleeve in case the weather may change). The Hay Lakes running singlet uniform can be worn overtop your running shirt.
- Jacket, warm things to cover you if you get cold i.e mitts, a toque or headband. Some people like bringing a small blanket, but remember

to be responsible for your gear. Items lost or left behind may be difficult to find.

- Extra socks
- Extra clean and dry pair of shoes as trails may be very dirty and muddy. Races go rain or shine.

****YOU MUST BRING A WATER BOTTLE FULL OF WATER, A LUNCH, AND HEALTHY SNACKS.** You cannot run well on an empty tummy.

COVID PROTOCOL:

Races are slated to go ahead as planned, however, please be prepared in case restrictions or public health regulations change. Students must wear masks while riding the bus or sharing a ride if they are not in the same family.