

LESAA Cross Country Regional Race

Sept. 2017

The **2017 LESAA Cross Country Regional Race** will be held **Wednesday Oct. 4th at Fort Henry.**

Your race fee is included with your running club fees. Please ensure your running club fees have been paid or your child will not be able to participate in this race.

Please note that parents are responsible for transporting their children to and from the race or making arrangements with other parents to carpool. Please let your child's teacher and Holly know if he/she will be missing school for this race.

Start time: Please arrive no later than 8 am (especially for the kids who race first at 8:30 am) so that the kids can warm up and get a sense of the race course before the race begins.

Pinnies with the Sydenham PS logo will be provided for your child to where for the race if they choose.

The division ages, distances, and start times are listed below.

AGE DIVISIONS EXPLAINED

DIVISION	CRITERIA
Atom	born in 2008 or later
Bantam	born in 2006 and 2007
Midget	born in 2005 or earlier

DISTANCE AND START TIMES BY DIVISION

DIVISION	DISTANCE (APPROXIMATE)	START TIME (APPROXIMATE)
Atom Girls	1,850 m	8:30 AM
Atom Boys	1,850 m	9:00 AM
Bantam Girls	2,500 m	9:30 AM
Bantam Boys	2,500 m	10:00 AM
Midget Girls	2,500 m	10:30 AM
Midget Boys	2,500 m	11:00 AM

*Race start times can be earlier or later depending on when the previous race ends. Please expect this so that your child does not miss his/her race.

For your information, children running the 1,850 m race need to be able to run just over 3 laps of the **City of Kingston Cricket Field park without stopping and children running the 2,500 m race need to be able to run just over 4 laps of the **City of Kingston Cricket Field** park without stopping.

Start & Drop off Location: The race will take place at Fort Henry Heights (at the top of the hill). Please look for fellow schoolmates and our Sydenham PS tent.

Parking: Please use the Fort Henry car park for parking.

If you have any questions, please ask me at running club or email me at jackiebardana@hotmail.com.

See you running!

Jackie Bardana