



Cross Country Team 2022

Dear Parents/Guardians;

Our Cross-Country season has arrived. All students in grades 4 and 5 are welcome to join the team. Our first race is on Wednesday, September 28, 2022, at Bateman Park from 3:15 – 4:30.

Practices will be held every Tuesday, Wednesday & Thursday from 11:50 pm to 12:15pm. We are using this time to maximize participation. Students must attend all practices in order to be allowed to compete and be prepared for their races.

All students are required to find their own ride to and from each Cross-Country Race.

Race Dates: Wednesday Sept. 28 @ Bateman Park
 Wednesday Oct. 5 @ Bateman Park
 Wednesday Oct. 12 @ Bateman Park

Starting Times: 3:30 – Grade 5 Girls
 3:45 – Grade 5 Boys
 4:00 – Grade 4 Girls
 4:15 – Grade 4 Boys

Parent helpers will be needed from our school to guide runners along the course (2 parents). Please indicate on the permission form if you can help.

If possible, students should try and practice on their own during the weekend. The distance for the races will be approximately 1.6 km (this is 4 laps around a track or 1 mile).

If you would like your child to participate on the Cross Country Team, please complete the bottom of this notice by Friday September 23, 2022. If you have any questions, please contact me at (604) 853-7730

Yours Truly,
Ms. Miettinen
Physical Education Teacher

My son/daughter _____ has my permission to join the Dr. T. A. Swift Elementary Cross Country Team. He/she has my permission to take part in practices held at Swift, in preparation for the races. I understand that I am responsible for my child’s ride to and from the races.

Parent/Guardian Signature _____

Telephone Number _____

_____ I am available to volunteer at the races to marshal the course.