



### Cross Country Team 2023

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 Tuesday September 26, 2023, at Bateman Park from 3:15 – 4:30.

Practices will be held every Tuesday, Wednesday, Thursday, and Friday from 11:45 pm to 12:10pm. We are using this time to maximize participation. Students must attend all practices 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:      Tuesday Sept. 26 @ Bateman Park  
                         Tuesday Oct. 3 @ Bateman Park  
                         Tuesday Oct. 10 @ Bateman Park

Starting Times:  3:15 – Grade 5 Girls  
                         3:30 – Grade 5 Boys  
                         3:45 – Grade 4 Girls  
                         4:00 – 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 sports permission forms on School Cash by Friday September 22, 2023. Parents are responsible for my child’s ride to and from the races. If you have any questions, please contact me at (604) 853-7730

Yours Truly,  
Ms. Miettinen  
Physical Education Teacher



Student Name: \_\_\_\_\_ is interested in participating in the Dr. T. A. Swift Elementary Cross Country Team and take part in practices held during lunch playtime.

Parent/Guardian Signature \_\_\_\_\_

Telephone Number \_\_\_\_\_

\_\_\_\_\_ I have completed their permission form on School Cash.

\_\_\_\_\_ I am available to volunteer at the races to marshal the course.