

NMES

CROSS COUNTRY 2016

Students in grades 3-5 are invited to participate in 2016 cross country events. The emphasis is on active participation and competing to the best of the student's ability. Practices are on Mondays, Tuesdays and Fridays at noon hour and the races are on Wednesdays.

Scheduled events:

September 21	Morell Park
September 28	Odell Park
October 5	New Maryland School
October 12	Na'sis Middle School (district meet)

Arrangements:

- Students bring a lunch and stay at school (Wed. noon dismissal)
- Students bring **proper clothing/sneakers** and adequate refreshments
- NMES provides transportation **to the site only**
- **Parents must arrange to pick students up on site (by 2:20)**

**Students are aware of the rules/expectations and understand they represent the school while*