

Cross Country Running



Royal Road Elementary School Fall 2016

Dear Parents,

Your child has the opportunity to participate in cross country. Practices will be held on Mondays and Tuesdays during lunch hour. Meets will be held every Wednesday afternoon. Here are the following meets for the fall:

- September 21st at Gibson Neil Memorial
 - September 28th at Henry Park
 - October 5th at McAdam Avenue
 - October 12th -District finals at Nasis Middle School (Rain date: October 19th)
- *please look at our Royal Road website online for cross country updates*

Transportation is not provided and is therefore up to the parents to make arrangements. **Cross country will begin at 1:15 SHARP and end at approx 2:30.** Please make sure your child has appropriate footwear and clothing (ex: sneakers only and shorts/jogging pants). We will be providing Royal Road shirts but ask that they are returned at the end of each meet.

We will meet the students at each cross country site at 1:00.

If you have any questions please do not hesitate to ask. See you there!

Laura Douglas and Jamie Chiasson