

WED Sep 24	Kal Park Vernon	Part of Block D and all of Block C Jackson (out 1:40), bus leaves @ 1:50 Sullivan (out 1:50), bus leaves @ 2:00 Returns around 6:30 PM
WED Oct 1	Revelstoke	Part of Block D and all of Block C Jackson (out 1:10) leave 1:20 Sullivan (out 1:20), leave 1:30 Returns around 7:00 PM
WED Oct 8	Ellison Park-Vernon	Part of Block D and all of Block C Jackson (out 1:40), leave @ 1:50 Sullivan (out 1:50), leave @ 2:00 Returns around 6:30 PM
WED Oct 15 NORTH ZONES	Host – Larch Hills Salmon Arm	Block C Jackson (out 1:50), leave 2:10 Sullivan (out 2:10), leave 2:20 Returns around 6:00

****As we are hosting this event, we expect all runners will HAVE RIDES AND MUST HELP with set up AND take down of the racecourse. ****

TUE Oct 21 VALLEYS	Host – Penticton	This trip is ALL DAY. Sullivan Departure BEFORE 7 a.m. TBD.
SAT Nov 1	Nanaimo	PROVINCIALS (Extra \$\$\$\$ & 3-day trip).

GENERAL INFORMATION

Generally, the juniors race about **4 km**, and the seniors race **5 km**. Distances may vary this year in our zone.

The first race usually starts at 4:00 p.m. and the second at 4:10 p.m. **When we go to races, you should bring the following:**

- FOOD - something healthy and nutritious, -WATER, -EXTRA CLOTHING for after the race
- And if you want some MONEY for our “NUTRITION” stop on the way home 😊

Athletes are transported to races via a school bus. Any athlete catching a ride with someone else’s parents must have a permission letter from their parents.

Any athlete requesting to be dropped off before (e.g., Mellor’s Store) needs to have permission from their parents.

➤ **Jackson athletes who will travel to races must pay a \$90 fee. This fee can be paid at the office. This covers all related school costs. Please sign the form and pay the fee BEFORE the first race, thank you.**

Athletes should wear blue shorts, and they must wear their racing singlets. They may choose to wear another top under their singlet as the weather gets cooler.

PARENTS: If you have any questions or concerns, please call Dave Hollatz at Jackson: 832-2136 or cell: 250-253-0825 or you can TEAMS Ms. Pyck.

We are looking forward to another great year of cross-country running.