

Hello parents/guardians of cross country athletes,

My name is Isaac Kaup and I will be coaching the cross country team this year. The cross country season is short and begins quite quickly; therefore, I would encourage your athlete to try running at home to improve their fitness. We will be participating in two meets this year at Peace Hills Park in Wetaskiwin; one on September 18th and one on September 25th. There will be a bus going from school to the competition, so please communicate with the school if there are alternate arrangements. For the first meet, there will be a concession, however, ensure your athlete will have appropriate food with them as well. Also, please ensure they are properly dressed for the weather that day. There is a small cost involved with the meets for each student. The cost per athlete will be \$5.00. Please pay the 5 dollars and fill in the permission form online. There is also a schedule attached for the first meet that indicates when your athlete will be running. If you have any questions please contact me at isaac.kaup@wrps11.ca, or contact the office. Thank you so much.

Rod Drebert Meet Schedule for 2019

10:00 - Entry Fee Collected, Registration and course walk-thru

10:30 - Event #1 --- Boys born in 2011 ---- 1200m

10:40 - Event #2 --- Girls born in 2011 ---- 1200m

10:55 - Event #3 --- Boys born in 2010 ---- 1200m

11:05 - Event #4 --- Girls born in 2010 ---- 1200m

Team awards for events # 1, 2, 3 awarded

11:20 - Event #5 --- Boys born in 2009 ---- 1200m

11:30 - Event #6 --- Girls born in 2009 ---- 1200m

11:45 - Event #7 --- Boys born in 2008 ---- 1200m

Team awards for events #4, 5, 6 awarded

11:55 - Event #8 --- Girls born in 2008 ---- 1200m

12:10 - Event #9 --- Boys born in 2007 ---- 2000m

12:20 - Event #10 --- Girls born in 2007 ---- 2000m

Team awards for events #7, 8, 9 awarded

12:35 - Event #11 --- Boys born in 2006 ---- 2000m

12:50 - Event #12 --- Girls born in 2006 ---- 2000m

1:05 - Event #13 --- Boys born in 2005 ---- 3000m

Team awards for events #10, 11, 12 awarded

1:25 - Event #14 --- Girls born in 2005 ---- 2000m

1:45 - Event #15 --- Boys born in 2004 & earlier ---- 4000m

2:10 - Event #16 --- Girls born in 2004 & earlier---- 3000m

Team awards for events #13, 14, 15 and 16 awarded