

CROSS COUNTRY 2018

We’re excited to have you along for the 2017 Zone Cross Country Meet. The meet takes place on **Wednesday, October 10th at Lee Creek Golf Course in Cardston. The bus will depart at 8:30 am** sharp from Picture Butte High School in order to arrive on time for the walk through. We anticipate the bus arriving back at the school between 5:00 and 6:00 p.m. If you wish to car-pool on your own please ensure you have completed a volunteer driver form. Also make sure you let Mr. Vande Griend know.

**If students would like more formal training, they will need to touch base with Mr. Bramfield. These training days are entirely optional as most students running X Country are also playing volleyball. Students are highly encouraged to run on their own as well.**

Athletes need to be prepared for what’s going to be some great runs! Runners need to bring appropriate clothing, which includes running shoes, and sweats or shorts. Dress for all conditions! A running singlet will be provided from the school. They should also bring along a water bottle and snacks/lunch as well as sunscreen if necessary. There will be a concession at the Zone Meet, but we suggest that students bring their own lunch. For the Zone Meet, we’ll leave the meet once our final High School runner has completed.

**Attention High School Runners**: The Sr High School events in this meet act as the qualification for the **2018 ASAA Provincial Cross Country Championships to be held Oct 20th in the North East Zone.**  The top eighteen (18) athletes in each race qualify for the Provincials; however, THEY MUST DECLARE THEIR INTENTION TO COMPETE IN THE PROVINCIALS IMMEDIATELY AFTER THE RACE. **You must be prepared to say YES or NO to Provincials.** If any of the top 18 finishers in a race declare NOT to attend the Provincials, then the next highest finishers will have the opportunity to participate. You would either need to find your own ride or drive up with another school. Hotels and Accommodations would be reimbursed by the school.

Please contact Mr. Vande Griend if you have any questions

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Sincerely,

Jon Vande Griend

PBHS Athletic Director

PBHS Cross Country Coach

PBHS PE Teacher