CROSS COUNTRY 2019

We’re excited to have you along for the 2019 Zone Cross Country Meet. The meet takes place on

**Wednesday, October 9thth at Echo Dale Park near Medicine Hat. The bus will depart at 6:30 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 by roughly 6:00. This will depend on when our last high school runner finishes We will stop for something to eat on the way home. 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. Race times are the following:



JUNIOR HIGH

Bantam Girls Under 13 Sept 1 2000m 10:30 am

Bantam Boys Under 13 Sept 1 2000m 10:50 am

Midget Girls Under 14 Sept 1 2000m 11:10 am

Midget Boys Under 14 Sept 1 2000m 11:30 pm

Juvenile Girls Under 16 Sept 1 3000m 11:50 pm

Juvenile Boys Under 16 Sept 1 3000m 12:15 pm

SENIOR HIGH

Junior Girls Under 16 Sept 1 4000m 12:55pm

Junior Boys Under17 Sept 1 4000m 1:35pm

Intermediate Girls Under 17 Sept 1 5000m 2:20pm

Intermediate Boys Under 17 Sept 1 5000m 2:55pm

Senior Girls Under 19 Sept1 5000m 3:40pm

Junior Boys Under 19 Sept 1 6000m 4:25 pm

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. 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 **2019 ASAA Provincial Cross Country Championships.** 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

School: 403-732-4404

E-mail: [jon.vandegriend@pallisersd.ab.ca](mailto:jon.vandegriend@pallisersd.ab.ca)

Sincerely,

Jon Vande Griend

PBHS Athletic Director

PBHS Cross Country Coach

PBHS PE Teacher