

Canadian Valley Conference Cross Country Meet

Tuesday, SEPTEMBER 12, 2017

**Location: Lindsay Municipal Golf Course
3 miles north of Lindsay on Hwy 76**

SCHEDULE OF EVENTS

3:45 p.m.	Coaches Meeting
4:00 p.m.	JH/MS Girls (6, 7, & 8 th) 2400 m
4:30 p.m. (appx.)	JH/MS Boys (6, 7, & 8 th) 3200 m
5:00 p.m. (appx.)	Varsity/JV Girls 3200 m
5:30 p.m. (appx.)	Varsity/JV Boys 5000 m

Entry Fee: Conference Pays for it.

Awards:

HS & JH/MS Medals 1st – 30th

Any questions: John Jacques 405-974-1569

Coaches Meeting Review:

- 1) Every runner should wear the provided name tag on their left shoulder. Team member's tags are solid white. According to your entries, you have been given highlighted name tags for your individual runners. Highlighters are available at check in table if you need to do additional highlighting. Name tags will be turned in at the finish line for placement.
- 2) Every school must turn in a scorecard, regardless of whether you have one or several runners. Attach the runner's number tags for each runner to the scorecard. Please write the runner's name on the back of his/her tag.
- 3) Please help keep spectators off the course ó especially the final stretch. Ask your supporters to not run along side of your runners. This could interfere with the race and cause you a disqualification.
- 4) Jerseys should not be knotted. Remove all jewelry (except watches are legal).
- 5) If a runner goes down in the first 40 meters we will restart the race.