TWIN RINKS SEASON OPENER

# Thursday September 20, 2018

**Twin Rinks - Chilliwack**

All schools are invited to attend.

### SCHEDULE

**3:30 Grade 6 & 7 Boys & Girls Race 3 km**

**4:00 Grade 8,9,10 Girls & Boys Race 4 km**

**4:30 Sr.Girls & Sr.Boys Race 5 km**

### ATHLETE IDENTIFICATION

You do not have to sign up in advanced for this run….**HOWEVER**…All runners should have a sticker on their singlet that states their full name, school, age category/Grade, and Male or Female on it. Please use a waterproof pen and write clearly (it works better if coaches write out these). Stickers must be worn in the race and will be removed at the finish line by a volunteer official (the finish line is pretty crazy so we cannot guarantee you will be on the results if you do not have a sticker or if the sticker is ineligible).

**COST**

There will be a $2.00 charge for each athlete. Please make arrangements with your business manager for an electronic payment to Chilliwack Secondary School, if you are an out of district school cash or cheque. There will be no awards given out at this meet. This meet is strictly a warm up meet to begin the season. The results will be made available on the Fraser Valley Cross Country web site.

### TEAM SCORING

Seeing as there is there will be no awards at this meet we will not have team scoring. Please see the Fraser Valley Cross Country website for instructions on team scoring at the Fraser Valley Championships http://www.fraservalleyxc.com/.

### FACILITIES

The course covers gravel path & grassy fields.

### CONTACT

Susan Northey, Chilliwack Secondary School sue\_northey@sd33.bc.ca

### DIRECTIONS

Highway #1 to Evans Road exit. South on Evans Road follow it just past Tyson Road and Twin Rinks is on your right.