

Woodstock District Christian Schools Cross Country Meet

Friday September 23, 2011
(Rain date- September 27)

We are excited to participate in the *Woodstock District Christian School Cross Country* meet this year. Here is some information and details about the event:

Schedule for the day:

7:45—board bus at L.C.E.S (please be here on time!!)

8:45-- arrive at Stratford Christian School 190 Queensland Rd. Stratford, ON (see www.sdcs.on.ca)

9:00-9:30—opening devotions, runners may walk the course with Mr. Stahle

9:45--races begin...

1:00 p.m.—arrive back at L.C.E.S.

What should you bring?

- There will be a concession stand, but bring some lunch as well, as there is no set time for a lunch break. Put all food in proper garbage containers.
- Bring lots of drinks, but avoid sweet drinks such as juice boxes and pop, as bees can be a problem this time of year. Water is a good substitute. Put all garbage in containers provided.
- Washrooms are available in the school, but we are asked to take muddy running shoes off before going into the school. Washrooms are not to be used to clean muddy running shoes.
- Wear running shoes and appropriate running clothing (layers of clothing such as track pants with shorts underneath depending on the weather). We will proceed with races except in the event of severe weather such as lightning or heavy rain. If there is rain in the forecast, bring an extra set of warm clothes. Sunscreen and a hat are optional.
- Races will proceed in the following order- midget girls and then midget boys(age 9 and under), junior girls and then junior boys (age 10 or 11), senior girls and then senior boys (age 12 or 13).
- The course is a clear-cut path, and sections off the main path will be blocked with yellow caution tape. There will also be marshals (high school students) along the course to help the younger ones and to prevent runners from going the wrong direction.

If you have any questions, please email Mr. Stahle mstahle@londonchristian.ca or Mrs. Minnesma rminnesma@londonchristian.ca.

Please pray for good weather.
We look forward to a great day of running!

In Christ,

Mr. Stahle
Mrs. Minnesma