

SUMMIT CROSS COUNTRY

SUMMIT ELEMENTARY SCHOOL CITY CROSS COUNTRY CHAMPIONSHIPS

Fall 2015

WHERE: Memorial Field, Summit

WHEN: Monday, November 2nd

START: Across from the corner of Larned & Watchung. Rain Date: Tuesday, November 3rd

First race starts at 1:45

WHO MAY ENTER: Races are open to all Summit Elementary Public School students in Grades 3,4,5. No pre-registration necessary. Just come to the starting line when your race (gender and grade level) is called.

COURSE: The course is 1 mile long, run on grass and some sidewalk. The actual start is near the street corners of Larned and Watchung and finishes on the grass field on the right side of the track as you face Memorial Field from Ashland Road. The course loops the fields approximately one and a half times. The Course will be marked by a White Line and be ready for practice the week before the race.

RACE DIVISIONS AND APPROXIMATE TIME SCHEDULE:(Please try to be at least 15 minutes early for your race to get directions, ask questions and warm up)

1:45	5th Grade Girls	2:30	4th Grade Boys
2:00	5th Grade Boys	2:45	3rd Grade Girls
2:15	4th Grade Girls	3:00	3rd Grade Boys

All students are invited and encouraged to participate for fun, to develop good health and fitness habits, personal record improvement and to cheer on their friends and classmates from their own and other schools. Parents are also invited and encouraged to attend and cheer on the runners. Many times a student discovers that they enjoy the satisfaction of a good run and bettering their own performance to the point that they take up the sport in the Middle School and High School. It's a great lifetime sport to be involved in. Your support is greatly appreciated.

Note: Times will be announced at the Finish Line and posted after the race. Medals will be given to each runner at the finish line.

SUGGESTIONS

1. Bring something to drink with you. There are only 2 water fountains at the park.
2. There are bathroom facilities.
3. If the weather is cold; wear extra layers to warm up in and for after your race. Run the race in shorts and a tee-shirt(long sleeve if cold). Hats and gloves are okay also if it's cold.
4. Try to get to Memorial Field to practice before race day so you know what the course is like.
5. If the meet has to be postponed, all schools will be notified by 12:30 on race day. Schools will announce that information to their students.
6. **In Cross Country Running there is no pacing or running with your child. Cheering is encouraged.**

If you have any questions, please contact your child's Physical Education Teacher.

Thanks, and we hope to see you all at the Meet

Physical Education Instructors:

Mr.Fessock(Brayton) Mr. Fenska(Jefferson) Mr.Simmons(Lincoln-Hubbard)
Mrs. Burr(Franklin) Mr. Carder(Washington)