



**Rainbow District School Board  
Elementary Cross Country Championship  
Cross-Country Race At  
Falconbridge Recreation Centre**

**Date:** Friday Oct. 23, 2009  
First race 10:30 a.m. (Junior Female)  
Second race 10:55 a.m. (Junior Male)  
Third race 11:20 p.m. (Senior Female)  
Fourth race 11:45 p.m. (Senior Male)  
Award Presentations at 12:30 p.m.

**Categories:** Junior Female teams 11 and under (as of September 1/09)  
Junior Male teams 11 and under (as of September 1/09)  
Senior Female 12 and over (as of September 1/09)  
Senior Male teams 12 and over (as of September 1/09)

**Entry Fee:** \$10.00 per team of 10 or fewer students, in each division

**Teams:** Schools may enter more than one team per division.  
Teams shall be a minimum of 5 runners to qualify for team award; each runner must wear a school t-shirt or school pennie.

**Awards:** A plaque for the top team in each of the 4 divisions.  
Medal and hats awarded to top 3 individual in each of the 4 divisions.  
Ribbons for places 4 - 10; Every participant will receive a participation ribbon.  
Standings based on low score for top 5 finishers in each division

**Course:** Includes running on grass, pavement and gravel roads  
11 and under race - approx. 2 km; 12 and over race - approx. 3 km.

**Refreshments:** Juice, and Pizza must be pre-ordered through Michelle Walton

**Contact:** Michelle Walton Redwood Acres P.S. 675-0202; 675-0203 (fax)

**Deadline:** Completed Entry forms due: Oct. 10, 2009. Make extra copies as needed. Entry forms sent as an email attachment are greatly appreciated.

**Please:** Each school is to provide their coach and 1 volunteer to help out on the course (indicate volunteer name on only one entry form please).

**2nd ANNUAL RAINBOW DISTRICT SCHOOL BOARD  
Cross Country Championship  
ENTRY FORM**

School: \_\_\_\_\_

Coach: \_\_\_\_\_

Course Volunteer: \_\_\_\_\_

<b>Junior Female 11 and under Race approx. 2 Km</b>	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	
<b>6.</b>	
<b>7.</b>	
<b>8.</b>	
<b>9.</b>	
<b>10.</b>	

**Race will be well marked with volunteers throughout to ensure safety.  
Cost: \$10 per team of 10 or fewer students**

**2nd ANNUAL RAINBOW DISTRICT SCHOOL BOARD  
Cross Country Championship  
ENTRY FORM**

School: \_\_\_\_\_

Coach: \_\_\_\_\_

Course Volunteer: \_\_\_\_\_

<b>Junior Male 11 and under Race approx. 2 Km</b>	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	
<b>6.</b>	
<b>7.</b>	
<b>8.</b>	
<b>9.</b>	
<b>10.</b>	

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**2nd ANNUAL RAINBOW DISTRICT SCHOOL BOARD  
Cross Country Championship  
ENTRY FORM**

School: \_\_\_\_\_

Coach: \_\_\_\_\_

Course Volunteer: \_\_\_\_\_

<b>Senior Female 12 and over Race approx. 3 Km</b>	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	
<b>6.</b>	
<b>7.</b>	
<b>8.</b>	
<b>9.</b>	
<b>10.</b>	

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**2nd ANNUAL RAINBOW DISTRICT SCHOOL BOARD  
Cross Country Championship  
ENTRY FORM**

**School:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Course Volunteer:** \_\_\_\_\_

<b>Senior Males 12 and over Race approx. 3</b>	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	
<b>6.</b>	
<b>7.</b>	
<b>8.</b>	
<b>9.</b>	
<b>10.</b>	

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Cost: \$10 per team of 10 or fewer students**