

**VIEW ROYAL  
ELEMENTARY SCHOOL**  
218 Helmcken Rd., Victoria, B.C. V9B 1S6  
Ph: 250-479-1671 Fax: 250-744-2389



Dear Parents,

Sorry about the quick turn-around but we had our district planning meeting last night and **Cross Country practices start tomorrow!** The first meet will be **Monday, September 25th at Lambrick Park**. This sport is organized for elementary students in our school district and designed to train students to run in cross country races that are approximately 1.2 km in distance. There will be five Cross Country Meets this season, as follows:

**3:45 pm Monday, September 25<sup>th</sup> at Lambrick Park**  
**3:45 pm Monday October 2<sup>nd</sup> at Clover Point**  
**3:45 pm Tuesday, October 10th at Lambrick Park**  
**3:45 pm Monday, October 16<sup>th</sup> at Clover Point**  
**1:00 pm Monday, October 23<sup>th</sup> City Finals at Beacon Hill Park \*arrive by 12:30\***

There are separate categories for boys and girls at the meets, in Grades 3, 4 and 5. We will practice at school two times per week, and students will need shorts and running shoes for these practices. Practices this year will include practice runs on sidewalks in the neighbourhood off the school grounds under our supervision. **Parent helpers who can run with us in the morning would be much appreciated!**

**Please follow this link to give permission for your child to participate and to indicate if you are able to assist us with cross country.**

**[FILL OUT FORM](#)**

#### **Practice Times**

**Practices start: Thursday, September 21<sup>st</sup>**

**Tuesdays 8:10 am – 8:40 am (before school)**

**Thursdays 8:10 am – 8:40 am (before school)**

Parents will need to be able to drive your child to the above meets, or arrange for a ride with another family on that day. (Please indicate using the attached link.) Thank you for your support!

Sincerely,

Karen Higginbotham, Coach [kehigginbotham@sd61.bc.ca](mailto:kehigginbotham@sd61.bc.ca)  
Lindsay Cristante, Coach [lcristante@sd61.bc.ca](mailto:lcristante@sd61.bc.ca)