



Box 200
Namao, AB T0A2N0
780-973-9191



To: Parent/Guardians
From: Namao Athletics
Re: **Cross Country Sturgeon Finals**

Your son/daughter has qualified to participate in the cross country race at the Cross Country Sturgeon Finals to be held in Gibbons on Tuesday, Sept. 24. Please fill out the online permission form that has been or will be sent to you through email. We will be departing by bus at 11:20 a.m. and back in time for students to catch their regular buses home. This is an extension of our Physical Education program and a great opportunity for your child to compete at a divisional level.

You and your son/daughter should be aware of the following expectations we have for the trip:

- Dress for all types of weather AND dress to participate athletically (shoes, athletic wear).
- Bring water, lunch, layers of clothing, and (optional) money for either concession or if there is time we may stop at a convenience store.
- Students are to follow our regular school rules including staying on the grounds near the finish line at all times (except while racing on the course).
- They are to return to Namao School by our bus unless picked up in person by their parent/guardian AND you must see one of our supervisors for their release.
- Students are making the trip to compete and **are expected to be at their event on time and do their best** -- this is their "school work" for the afternoon.

12:00	Grade 9 Boys	2400 m
12:10	Grade 9 Girls	2400 m
12:20	Grade 8 Boys	2400 m
12:30	Grade 8 Girls	2400 m
12:40	Grade 7 Boys	2400 m
12:50	Grade 7 Girls	2400 m
1:00	Grade 6 Boys	1600 m
1:10	Grade 6 Girls	1600 m
1:20	Grade 5 Boys	1600 m
1:25	Grade 5 Girls	1600 m
1:30	Grade 4 Boys	1600 m
1:35	Grade 4 Girls	1600 m