

C.A.H.P.E.R. CROSS COUNTRY RACE MEET
HAWRELAK PARK, EDMONTON
SATURDAY, OCTOBER 14, 2006

Dear Physical Educator,

You are invited to make this information and entry form available to all Physical Education teachers and the students of your school. Please note the following points:

1. These cross country races are offered as a professional service to the youth of the Edmonton area, to acquaint them with a worthwhile form of physical activity and to improve their physical fitness.

2. Teachers are urged to include instruction and practise in distance running in the fitness portion of their regular physical education programs.

3. Races will be run in age sections as determined by the year of birth.

*** Coaches are responsible for ensuring that all runners compete in the correct age section.

4. Runners will run for themselves and for their school team.

5. AWARDS AND TEAM SCORING:

INDIVIDUAL: The first three finishers in each race receive a CAHPER medallion. Fourth through tenth places receive ribbons. Each runner completing the race will receive a CAHPER Participation Pin.

TEAM: A team winner will be declared in each race. Three runners will constitute a team. Each member of the team will receive a ribbon.

SCHOOL: A trophy will be awarded to the elementary, junior high and senior high school that accumulates the most points on a 10 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 basis.

6. Cancellation due to inclement weather will be announced on the following radio stations: CFRN, EZ ROCK 104.9, The Bear.

7. ENTRY FEE: A fee of \$4.00 per runner must be forwarded with the entry form. Cheques should be made payable to **C.A.H.P.E.R. Cross Country Meet**. The post entry fee will be \$5.00. Entries sent by fax can be paid for at the registration table.

8. Registration tags for each runner can be picked up at Hawrelak Park on race day, after 11:00 at the Skating Pavilion.

COACHES must pick up their team's tags before their runners compete. Additional individual post entries will be accepted at this time, but **PLEASE DO NOT BRING ENTIRE TEAMS TO BE POST ENTERED!!** We do not have sufficient staff to perform this function and it makes it difficult to guarantee participation pins to all runners.

9. All teams and/or individual runners should be accompanied by a coach or other responsible adult.

10. Teachers and Parents Fun Run is open to all teachers of participating schools as well as all parents and legal guardians of students attending these schools. Team awards will be given to the top three finishers from one school, provided that the team consists of both men and women. Team points will not be added to the school totals.

11. Coaches will note that the final two age groups have been combined in the 1992 and earlier races but individual and team awards will be presented for both junior and senior high students.

12. Souvenir shirts will be on sale near the Skating Pavilion for \$16.00.

13. Coaches would be wise to arrange a meeting place for their runners.

Best wishes for a successful meet,

Irv Barros, Meet Director