

Provincial Cross Country Running Info Sheet – For Coaches

Date of Meet: Saturday, October 26th, 2024

Travel and Location: Athletes will travel on their own to Parc des Forestier-de-Saint-Lazare

Race Times: All races will take place on Saturday, October 26th, 2024:

<u>Heure</u>	<u>Catégorie</u>	<u>Distance</u>	<u>Remise de médailles</u>
9h40	Benjamin F	3 km	11h00
10h10	Benjamin H	3 km	11h00
10h40	Cadet F	4 km	12h15
11h10	Cadet H	4 km	12h15
11h40	Juvenile F	5 km	13h15
12h20	Juvenile H	5 km	13h15

How to Register Students: If you have students that finished in the top 8 of the GMAA race and are interested in attending the Provincial race, please have them fill out the “[Provincial Permission Form](#)” Found on the GMAA website (in the ‘Important Documents’ section) This form must be signed by the student and their parent/guardian and be in the Office no later than Tuesday, October 15th, 2024 at 11:59.

Confirmed Team: A team confirmation will be sent out on October 17th by email.

Cost: You will be informed of the final costs per student once it is confirmed, however, registration for Cross Country Running will be approximately \$55.00 per student. This includes the entry fee and GMAA provincial t-shirt.

Provincial Age Categories (not the same as GMAA):

Bantam – October 1st, 2010 or later

Cadet – October 1st, 2008 to September 30th, 2010

Juvenile – July 1st, 2006 to September 30th, 2008

Chaperones: We will need a male and female coach to oversee the team throughout the day .

Please let Hughanna know in the office if you plan on attending.

Entraîneur/accompagnateur: Minimum de 1 pour 15 élèves-athlètes

Entraîneur/Acompagnateur : Maximum de 6

Questions? If you have any questions, please contact Hughanna at the GMAA office, 514-482-8555 or hughanna@gmaa.ca

For more information on the race: <https://rseq.ca/sports/cross-country/nouvelles/vaudreuil-et-gu%C3%A9bec-%E2%80%93-h%C3%B4tes-des-championnats-provinciaux-de-cross-country-de-2024-%C3%A0-2027/>