

### Provincial Cross Country Running Info Sheet – For Coaches

**Date of Meet:** Friday, October 20<sup>th</sup> and Saturday, October 21<sup>st</sup>, 2023

**Travel and Location:** The GMAA team will travel by bus to l'école secondaire Serge-Bouchard in Baie-Comeau, Quebec on Friday, Oct. 20<sup>th</sup>. Bus pick up spot and time will be determined when the GMAA team is confirmed. The team will leave Friday morning and return late Saturday night.

**Race:** All races will take place on Saturday, October 21<sup>st</sup>, 2023

**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 Wednesday, October 11th, 2023 at 11:59.

**Confirmed Team:** A team confirmation will be sent out on October 13th 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 \$130.00 per student. This includes the entry fee, meals, lodging and GMAA provincial t-shirt. **All students and coaches must check-in together, and they must sleep at the school Friday night.**

**Provincial Age Categories** (not the same as GMAA):

Bantam – October 1st, 2009 or later

Midget – October 1st, 2007 to September 30th, 2009

Juvenile – July 1st, 2005 to September 30th, 2007

**Chaperones:** Kyle Verboomen from WWHS has volunteered to attend as one of the coaches, we are still looking for a female chaperone. 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](mailto:hughanna@gmaa.ca)

**For more information on the race:** <http://rseq.ca/sports/cross-country/championnats-provinciaux/nouvelles/>