

Provincial Cross Country Running Info Sheet – For Coaches

Date of Meet: Friday, October 21st and Saturday, October 22nd, 2022

Travel and Location: The GMAA team will travel by bus to l'école secondaire Serge-Bouchard in Baie-Comeau, Quebec on Friday, Oct. 21st. 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 22nd, 2022

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 12th, 2022 at 11:59.

Confirmed Team: A team confirmation will be sent out on October 14th 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 \$120.00 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, 2008 or later

Midget – October 1st, 2006 to September 30th, 2008

Juvenile – July 1st, 2004 to September 30th, 2006

Chaperones: We do not have a confirmed staff member chaperone. If you have students who would like to attend, you must consider going – otherwise we cannot send a team. Please let Amanda or Hughanna know in the office if you plan on attending.

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: <http://rseq.ca/sports/cross-country/championnats-provinciaux/nouvelles/>