

CROSS COUNTRY

This event goes on rain or shine!

****Please ensure students are adequately prepared for this event ** Please make sure that students are dressed appropriately for the weather and make sure to come prepared for rain. It is recommended that students have warm clothes to wear before and after the race. Remember it can be quite cold in early October!**

PLACE: Mount Royal Park – choose a ‘home base’ for your school on the grass area on the opposite side of Beaver Lake from the parking lot. The start line is located in this area.

RACE CATEGORIES	Gr. 4 & 5 Girls - 2 km
	Gr. 4 & 5 Boys- 2 km
	Gr. 6 Girls- 2 km
	Gr. 6 Boys - 2 km

AWARDS: Ribbons for 1st – 6th place in all race categories. Team Banner for Grade 6 Girls and Grade 6 Boys (see scoring info below).

WALK-ABOUT: Approximately 9:30 a.m.

COST: \$3.00 per runner

START OF THE RACE AND COURSE ETIQUETTE

1. Runners should be at start area 15 minutes prior to the start of their race
2. Coaches line up their runners in single-file lines, with the fastest runner at the start of the line. Runners should stand **an arm's length away from each other** to allow sufficient space and minimize contact with others during the start.
3. The race will be started in the following manner.
 - (a) Schools will assemble at the start line in single-file lines
 - (b) The starter will review the safety and etiquette information
 - (c) The starter will say “On your Mark”
 - (d) Starter pistol goes off
4. Runners **MUST** allow faster runners to pass them on the path. Please ensure students are aware that no pushing or contact with other runners is allowed!

6. Spiked shoes are not permitted.

SCORING: Team Banners (Grade 6)

Following their race, runners need to report back to their school coach/supervisor with their placement tag in order for school results to be tabulated quickly.

The finish position of the 1st six runners will be added together. **(GRADE 6 ONLY)**

The team with the lowest total will be presented with a banner; boys, girls.

1. 1st place team will receive 1st place ribbons.
2. 2nd place team will receive 2nd place ribbons.
3. 3rd place team will receive 3rd place ribbons.

Results will be posted on the GMAA website within two weeks after the race.

June 2025