

To: Elementary Schools Sport's Rep:
Elementary Administrators:

From: Jack Isenor
Re- O.L.P.H. Cross Country Run:

-You are cordially invited to attend the 12th annual OLPH Cross Country Run which will be held on Wednesday, September 18th/2013 at McArthur Island beginning at 3:15 p.m.

- Here is some information on the event.

- the course for grades 3 and 4 runners is approximately 1.4 km.

- the course for grade 5,6 and 7 runners is approximately 1.7 km.

- there will be place ribbons awarded for 1st to 36th in each grade level. and participation ribbons awarded from 37th place and on.

- each school attending is asked to submit an entry fee of \$15 or .50 cents per runner if you are sending fewer than 10 runners in total.

- this meet will be a true cross country meet in that team standings will be calculated in each grade/sex grouping and a team rosette awarded to the winning team./ The team with the lowest point total will be declared the winners.

- teams must be made up of at least 4 runners in order to be considered for the team standings. If you have more than 4 runners in any event they will have to check in at the table with their school name on it. Any size of team is welcome to participate in the individual races but are not included in the team event.

- please do not park in the McArthur Island Golf Course Parking.

- Please phone (376-2343), fax (376-2361) or email at jack.isenor@olphschool.ca by no later than Monday, September 16th if you are coming and the approximate number of students you will be bringing.

- instructions to the participants will begin at 3:15 p.m. and the races will begin shortly after. Hope to see you there.

Mr.Jack Isenor (O.L.P.H. School)

