



OUTLOOK HIGH SCHOOL
BOX 1720 OUTLOOK, SK S0L 2N0
Principal – Colette Evans
Vice-Principal – Mr. Kim Sobkowicz
Phone: (306) 867-8697 Fax: (306) 867-1831
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“To Be The Best We Can Be”



September 27, 2021

Re: District Cross Country 2018, Wednesday, October 6, 2021

Hello Cross Country Coaches:

In our ever-changing world, here is where we are with District Cross Country

LOCATION: Start: Outlook Rodeo Grounds (open field in front of LCBI Campus)

- Enter town on Mackenzie Street and continue through the 4 way stop, travelling North.
- Turn left onto 1st Avenue and continue to near the end of the street.
- There will be parking to your right in the open, grassy area. Please do not go passed the barricades.

AGE CLASSES & RACE DISTANCES

AGE CLASSES (All as of August 31 of 2021)	RACE DISTANCES	
	BOYS	GIRLS
Pee Wee (under 11)	2000 m	2000 m
Bantam (under 13)	3000 m	3000 m
Intermediate (under 15) (can attend provincials if in grade 9)	3000 m	3000 m
Junior (under 16) (provincial age)	4000 m	4000 m
Senior (16 & over) (provincial age)	5000 m	4000 m

Schedule: Please note, we will run the meet as quickly as possible. The expectation is that there will be no more than two races on the course at any time, so times are only an estimate! If numbers are small in certain age categories, we will consider combining races.

APPROXIMATE SCHEDULE:

- 1:30 pm COURSE WALK
- 2:30 pm Pee Wee Boys (2000 metres)
- 2:40 pm Pee Wee Girls (2000 metres)
- 2:55 pm Bantam Boys (3000 metres)
- 3:05 pm Bantam Girls (3000 metres)
- 3:20 pm Intermediate Girls (3000 metres)
- 3:35 pm Intermediate Boys (3000 metres)
- 3:50 pm Junior and Senior Girls (4000 metres), Junior Boys (4000 metres) NOTE: We will split this if the numbers are significant)
- 4:10 pm Senior Boys (5000 metres)
- 5:00 pm PRESENTATIONS/COACHES MEETING (if the weather is cooperative, we will meet at the finish line area, but if not, we will take refuge at Outlook High School in the Multipurpose room.



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OTHER INFORMATION:

- Each school can run a maximum of 10 competitors per age class. Please submit your team by **Monday, October 4th AT THE LATEST**. By Friday, October 1st would be even better but with everything in flux, we will try to accommodate.
 - Entries can be emailed to cindy.tulp@sunwestsd.ca
 - Please indicate if your Intermediate runners are in grade 8 or 9.
 - **NAME TAGS WILL BE PROVIDED**
- There will be a medal for the top finisher in each age division and ribbons from 2nd to 10th. These items will be handed out at the end of the meet.
- It is unlikely we will have a concession given the quick turn-around on this. Water and a granola bar/treat will be available at the finish line for the runners.
- We will have two porta-potties brought down to the start line area. There are no change rooms available, so runners should come changed and ready to run!
- Each athlete will get water and a treat at the end of their race.
- **The Provincial Team** will be picked that day. All Intermediate, Junior, and Senior competitors must commit at the finish line. Intermediate competitors **MUST BE IN GRADE 9** to advance to Provincials.
- There will be a coaches' meeting immediately following the meet to confirm Provincial details and assign numbers for the athletes.
- **Provincials are being held in Humbolt this year on Saturday, October 16th.**
- While many ran our new course last week, just a reminder of some of its challenges:
 - There is a long down-hill section of loose gravel where footing can be tricky. Please check your speed and safety.
 - There is some river rock on this path that we have attempted to push aside, but it can still be treacherous if athletes are not paying attention to footing.
 - This is a beautiful course, but the footing requires attention as it takes place on paths through wooded areas and along the Trans Canada Trail; there are a few areas where the soil has been run-off. We are going to try to fix this before, but just in case, be aware.
 - The paths are subject to weathering, especially downed leaves that can be slippery or hide hazards like gopher holes. We have attempted to locate and flag or mark major points for students to watch, but Mother Nature tends to offer some surprises!
 - The large, long uphill is paved (but runners can run to the side on grass) and they do have to cross the paved path leading to the Sky Trail so cleats might be damaged.

If you have any questions, email or contact me at the school at (306) 867-8697.

We look forward to seeing you all October 6th!

Cindy Tulp
Outlook High School