



CROSS COUNTRY DISTRICTS COMPETITION PACKAGE - THURSDAY OCTOBER 3RD
SANDY BEACH REGIONAL PARK (15 MINUTES NORTH OF LLOYDMINSTER ON HWY 17)

Organizing Committee

Morgan Mann	morgan.mann@lpsd.ca	E.S. Laird Middle School	306-307-4411 cell
Katie Clark	katie.clark@nwsd.ca	Hillmond School	780-808-1637 cell
Glen Smith	g51smith@telus.net	Sandy Beach Regional Park	780-207-1742 cell
Ryan Sklapsky	ryan.sklapsky@lpsd.ca	Bishop Lloyd Middle School	306-821-2435 cell
Wayne King	wking@sandcontrol.ca		306-821-1350 cell
Brant Wheeler	brant.wheeler59@gmail.com		780-871-1711 cell
Leah Huff	leah.huff@nwsd.ca	Hillmond School	780-214-4575 cell
Wendy Smith	g51smith@telus.net	Sandy Beach Regional Park	780-207-7042 cell

Morgan and Katie are taking care of the start line and finish line. Ryan is taking care of logistics for the race with regards to entries and working with Jason Stein from Turtleford with the timing device for the day. Leah is helping with volunteer recruitment. Wendy is handling the concession for the day. Glen, Wayne and Brant are helping with the development of 2KM, 3KM, 4KM and 5KM loops at Sandy Beach Regional Park.

School:	Coach Cell:
Coach Email:	Athletic Director:

Event	Age Class	Distance	Provincials	Approximate Times (be 15 mins early)
Senior Boys	16 & Over as of Aug 31, 2019	5000 m	Yes	10:15am
Senior Girls	16 & Over as of Aug 31, 2019	4000m	Yes	10:15am
Junior Boys	Under 16 as of Aug 31, 2019	4000m	Yes	10:45am
Junior Girls	Under 16 as of Aug 31, 2019	4000m	Yes	10:45am
Midget Boys	Under 15 as of Aug 31, 2019	3000m	Yes (Gr 9)	11:15am
Midget Girls	Under 15 as of Aug 31, 2019	3000m	Yes (Gr 9)	11:35am
	Coaches Meeting (Hall)			12:10pm
Bantam Boys	Under 13 as of Aug 31, 2019	3000m	No	1:15pm
Bantam Girls	Under 13 as of Aug 31, 2019	3000m	No	1:45pm
Pee Wee Boys	Under 11 as of Aug 31, 2019	2000m	No	2:15pm
Pee Wee Girls	Under 11 as of Aug 31, 2019	2000m	No	2:45pm

NOTE TO COACHES:

If you are able to enter your athletes into the google sheet, please do so.

<https://docs.google.com/spreadsheets/d/1K9vV4tV1hSdlwb2Agyj7uqd1jMIRG9ZBfDzIAJGnbjo/edit#gid=263343019>

If you are unable to enter your athletes into the google sheet, please fill out the entry form and email it to Ryan Sklapsky <ryan.sklapsky@lpsd.ca> or call him on his cell phone 306-821-2435. Please send in page 2 and page 3 so Ryan has your contact information as well.

Deadline for entries is Monday September 30th at 10:00pm. The district will supply competition numbers that need to be pinned on the front of athlete's shirts. A limited supply of pins will be available. Entries will be emailed to coaches and AD's on Tuesday October 1st.

We will be asking for parents/coaches to help out on the route as well with some of the bigger race categories to make sure we have no issues with students getting lost.

There will be a course preview being conducted on Tuesday October 1st at 4:30pm at Sandy Beach Regional Park. Members of the organizing committee and volunteers from Sandy Beach Regional Park will be ushering students through the areas of the Park. If you are wanting to take students out there before October 1st, please contact Ryan at the above email and phone number. The golf course is still open so we don't want to infringe on locals and the general public from getting their last rounds in for the season.

The course has been designed with 4 different race courses. There will be a 2 KM, 3 KM, 4 KM and 5 KM loop. See the attached maps for information. Special thanks to Kevin Musgrave at Musgrave Agencies for assisting in developing the maps.

There will be a walk through on Thursday October 3rd at 9:00am for runners doing the 3 KM, 4 KM and 5 KM loops for Seniors, Juniors and Midgets. Coaches will have their meeting to determine runners for provincials at the Hall over the noon hour. After the coaches meeting, we will be doing a course walk for runners participating in the 2 KM and 3 KM loop for the Bantams and PeeWees.

Times are approximate based on number of runners for each race and time it will take for all runners to finish their race. Please check in at the start line at least 10 mins before the scheduled approximate time.