

# CROSS-COUNTRY ZONE FINALS - QUEEN MARY ROYALS

## Thursday, October 18, 2018

### IMPORTANT REMINDERS FOR RUNNERS & PARENTS

**WHERE:** Trout Lake Park, East Vancouver - at SOUTH end of park.

**TIME:** Races begin at 1:00 pm. Finish and PICK-UP by 2:45pm.

**LUNCH:** **11:40** - Runners are dismissed from class early. Come to the foyer to SIGN-IN #1 and eat lunch together. Please pack a great healthy snack & lunch this day! Team jerseys - bring them, wear them all day!

**DEPART:** **12:00** - All runners leave school with parent drivers.  
• ALL rides must be pre-arranged by parents, please.

**ARRIVE:** **12:30-12:45** - Park and then all runners SIGN-IN #2 - Look for our QM FEATHER FLAG. Parking is very challenging, which is why we are departing earlier.

**SIGN-IN & OUT:** We want to ensure the safety of all of our kids. One way to do this is to have ALL runners sign in and out from the meet. Please stress to your child that it is very important to sign in and out at the beginning and end of this meet... there will be more than 2000 people in the area.

**JERSEYS:** Leave jerseys with Mr. Atkinson or Ms. King when signing out.

#### Expectations of QM Team Members:

- Run your absolute best race, have fun and cheer on your teammates!
- Respect and follow directions of coaches, organizers and parents.
- If a child's parent is not at the event, the child must stay with one of the teachers at all times. (One teacher at Start / One teacher at Finish).
- Sign-IN & OUT when you arrive at Trout Lake and before you leave.
- Runners must not be accompanied by a parent/coach during actual races.
- Runners may not run with any electronic device (VSB rules - e.g., GoPro)

**LET'S SHOW OUR QUEEN MARY WAY - GO ROYALS!!**  
**VOLUNTEERS NEEDED**

**FOR XC TROUT LAKE FINALS**

Please contact Mr. Atkinson  
[matkinson@vsb.bc.ca](mailto:matkinson@vsb.bc.ca)

... if you can help in any of the following ways at the finals on  
Thursday, October 18<sup>th</sup> ...

- Assisting our runners over to the start line when the marshallers call their age group. It is SO crowded with over 3000 people... it helps greatly when ONE person from each team escorts the runners instead of every parent and/or coach.
- Taking photographs at different points of the afternoon and/or at different places on the course!
- Bringing some snacks or treats for post-race for the runners
- Staying at/near the tent to watch everyone's belongings

**THANK YOU!!!!**

And thanks again to the Coaching Team for the full season of coaching and supporting the runners - Ms. King, Mr. Klassen, Yukiko & Mr. Atkinson.