

# Kajaks Track and Field Club

is pleased to present the

## BC ELEMENTARY & JUNIOR HIGH SCHOOLS CROSS COUNTRY MEET

**Saturday, October 10, 2009** at Deas Island Regional Park, 6301 River Road, Delta, near the tunnel. *See map on website at [www.kajaks.org](http://www.kajaks.org). Go north on 62B (Hwy 17, becomes River Road later) from the junction of Hwy 99 and Hwy 17, after approx. 2km turn left at the park entrance.*

### SCHEDULE

| Time  | Category                 | Distance | Event |
|-------|--------------------------|----------|-------|
| 9:00  | 2001 Girls               | 1800m    | 1     |
| 9:15  | 2001 Boys                | 1800m    | 2     |
| 9:30  | 2000 Girls               | 2000m    | 3     |
| 9:45  | 2000 Boys                | 2000m    | 4     |
| 10:00 | 1999 Girls               | 2000m    | 5     |
| 10:15 | 1999 Boys                | 2000m    | 6     |
| 10:30 | 1998 Girls               | 2000m    | 7     |
| 10:45 | 1998 Boys                | 2000m    | 8     |
| 11:00 | 1997 Girls               | 3700m    | 9     |
| 11:20 | 1997 Boys                | 3700m    | 10    |
| 11:40 | 1996, 1995, & 1994 Girls | 3700m    | 11    |
| 12:00 | 1996, 1995, & 1994 Boys  | 3700m    | 12    |

### Entry Fees:

The registration fee for BC Athletics members is \$5 per runner and for non-members, \$8 per runner.

Day of event registration will be \$7 for BCA members and \$10 for non-members.

Please note that School Memberships are available from BC Athletics at 604-333-3550.

Pick up and pay for race packages at the Registration Tent. Race numbers will be provided.

Medals will be awarded for the first 3 finishers in each race.

The Team trophy goes to the school with the highest aggregate total.

### Entries should be submitted by Wednesday October 7th to:

Kajaks Track & Field Club by mail at 440 -8155 Park Road, Richmond, BC V6Y 3C9, by email at [info@kajaks.org](mailto:info@kajaks.org) or by toll-free fax at 1-866-266-7903.



**SPORT SAFETY/ACKNOWLEDGEMENT OF RISK -PLEASE READ CAREFULLY**

The responsibility for Sport Safety must be shared by all. I, the undersigned, am aware that there is certain risk or injury involved in my own or my child's participation in Sport, either while traveling to or from the event, or while attending or participating in the programs or activities of the events which are sanctioned/approved by BC Athletics, its Divisions, its Member Clubs or recognized organizing Societies. It is understood by me that the signing of the document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Signature of Parent/Guardian

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ONE PER CHILD PLEASE

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