



2447 Sugarpine St.
Abbotsford, BC
V2T 3M7
tel: 604 859 9801
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www.valleyroyals.org

September 2010

Dear Principal or Cross Country Coach:

We are preparing for our 23rd year for the Elementary/Middle Schools Grand Prix Cross Country Series. We are pleased to invite your school to be a participant in this series of four cross country meets. The Grand Prix series is one of the largest participation meets designed specifically for youngsters in grades 4 to 8 in Canada. The series attracts wide attention and coverage of the meets with pictures and results published in the local newspapers.

The youngsters find this series to be both fun and exciting. These runs encourage participation and fitness. Results are published for all participants who complete each of the races over a 1.7km course. This enables both the runners and their coaches to track the improvement of each and every runner.

One of the highlights of the meet is the awarding of the Jane Swan Fitness Award. This coveted trophy is awarded to a school that demonstrates overall fitness.

The dates for this year's races are as follows: September 22nd, September 29th, October 6th, and October 13th.

Entries must be received on or before Friday, September 17th.

We look forward to having your school as a participant. See you at the races.

Sincerely,

Jason Swan
Club Manager
Valley Royals Track & Field Club

23rd Annual Cross Country Grand Prix

Sponsored by
Lafarge Canada



Organized by the
Valley Royals Track & Field Club



- Dates:** Wednesdays – September 22nd and 29th, October 6th and 13th
Time: Start time is 3:45pm.
Location: Clearbrook Park, 3680 Clearbrook Rd., Abbotsford, BC
Divisions: Grades 4, 5, 6, 7, 8 Boys and Girls – NO Grade 3's, please.
Fees: \$4.00 per athlete, payable to the Valley Royals. **This fee is expected from athletes entered, whether or not they make it to the races.**
Entries: Print first name, last name, gender and grade (important) NEATLY on the enclosed entry form. Mail, fax or email entries as soon as possible to:

Valley Royals
2447 Sugarpine St.
Abbotsford, BC
V2T 3M7

Fax: 604 850 7880
Email: cindy.miller@valleyroyals.org

--- EMAIL ENTRIES ARE STRONGLY PREFERRED ---

Entries must be received on or before Friday, September 17th, 2009
Make sure to specify gender, grade and first/last name in your entries.
Corrections? Fax or email please.

Late Entries: Any entries on or after the first race will be considered late entries and the late entry fee is \$8.00 per athlete. There is no "swapping" of athletes

- Distance:** Approximately 1700m
Rabbit: Will be provided for each race at the first meet
Results: Posted on our web site: www.valleyroyals.org

Individual points & awards: The first placer in each division receives 20 points, 2nd – 16, 3rd – 12, 4th – 10, 5th – 8, 6th – 6, 7th – 4, 8th – 3, 9th – 2, and 10th – 1 point. These points are added together throughout all four meets, to produce a final score. Individual awards will be given to the top ten boys and girls in each grade. **Awards are only given to those who attend a minimum of three of the four meets.**

Team points & awards: Team points will be accumulated from the first four runners on each team. After the completion of the series of four meets, awards will be given to the top three teams in each of the grade divisions for both boys and girls.

Ties: Ties in the final results, whether in the Individual Standings or in the Team Standings, will be broken on the basis of performances in the last race of the series.

Jane Swan Fitness Award: The Jane Swan Fitness Award recognizes the school with the best overall performance from their athletes. It is a scale that takes into account the performance of all the runners on a school's team.

All awards will be given to the schools to present as you wish.

Reminders:

1. Each child is entered in the computer by his/her running number. DO NOT let the children exchange numbers! If a runner does not have their number, come to the tent and we will issue a new number.
2. Make sure to verify the grade of each athlete. Otherwise, they may be entered in the wrong division and receive awards they should not rightfully have!
3. Athletes are welcome to attend the Valley Royals Cross Country practices. They are Monday and Wednesday at 4:00pm. Please phone the Swans at 604-859-9801 for the location.

Procedure for race day:

- a) An adult must pick up the team's envelope of running numbers from the box at the registration desk and distribute them to their athletes. The envelope will contain a master list of your team's runners and their numbers. Keep this master list in the envelope throughout all four meets.
- b) Numbers are to be worn on the front. No names will be written on the numbers. Athletes are identified by NUMBERS ONLY! Numbers must be visible when the athletes cross the finish line.
- c) After the athletes have gone through the chute, meet at your designated spot, collect the numbers (& the four pins), put them back in the envelope with the master list, and leave the envelope in the designated box. If you forget to put the envelope back in the box you can drop it off in the mailbox at 2447 Sugarpine St. during the week.
- d) SPOTTERS – All adults, please:
 - discourage bike riders from being on the course
 - discourage athletes from taking short cuts
 - discourage the harassment of runners by non-competitors
- e) If an athlete loses his or her number, get a tag for the race from the main tent on the race day. **Most of the time to process the results involves dealing with runners in the wrong races or who wear the wrong number.**

We look forward to receiving your entries! Any questions, call 604-302-9997 or email jason@valleyroyals.org / cindy.miller@valleyroyals.org

