



CROSS COUNTRY MEET

October 3 - 6, 2011

DAILY ORDER OF EVENTS

9:35 - 9:55 A.M. STUDENT ARRIVAL AT RMC

10:00 A.M. OPENING CEREMONIES BEGIN

- School Check
- Opening Prayer
- Playing and Singing of "O Canada"
- Welcoming remarks from London District Catholic School Board Representative
- General Announcements

ORDER OF THE RACES: (APPROX. EVERY 15 MINUTES)

1. Junior Girls 11 years old
2. Junior Boys 11 years old
3. Junior Girls 10 years old
4. Junior Boys 10 years old
5. Junior Girls 9 years old and under
6. Junior Boys 9 years old and under
7. Intermediate Girls 13 years old and over
8. Intermediate Boys 13 years old and over
9. Intermediate Girls 12 years old
10. Intermediate Boys 12 years old

THE FITNESS WALK WILL TAKE PLACE AT APPROXIMATELY 11:00 A.M.
PARTICIPANTS WILL DO A DOUBLE CIRCUIT OF THE COURSE.
TOTAL LENGTH OF THE FITNESS WALK IS 1 KM.

RACE SPECIFIC ANNOUNCEMENTS

- PLEASE listen carefully to all announcements so as not to miss your race. We will call each race twice.
- There is approximately 15 minutes between the start of each race.
- Please warm up prior to the start of your race.
- During the race, follow the pace car between the pylons for the entire race.
- After completing your race – report directly to the teacher at your school’s scorer desk with your placement number and awards.
- We ask that NO adults or children be at or near the FINISH LINE as the students are completing their race.

GENERAL ANNOUNCEMENTS

- The Fitness Walk will start at approximately 11:00 a.m. Participants will do a double circuit of the course for a total distance of 1 km.
- There are NO Garbage containers – Please put all of your garbage in the garbage bags provided.
- Ensure your school’s area is garbage free when you leave for the day. Also check to be sure you have all of your belongings.
- Regina Mundi building is Out Of Bounds
- Portable toilets and hand sanitizing stations are located on the premises
- First Aid is located directly behind the Announcer’s Table. If any students need Medical attention, accompany that student to this location.