

# Cross Country run

## École Au-cœur-de-l'île – October 19

Dear admins and coaches,

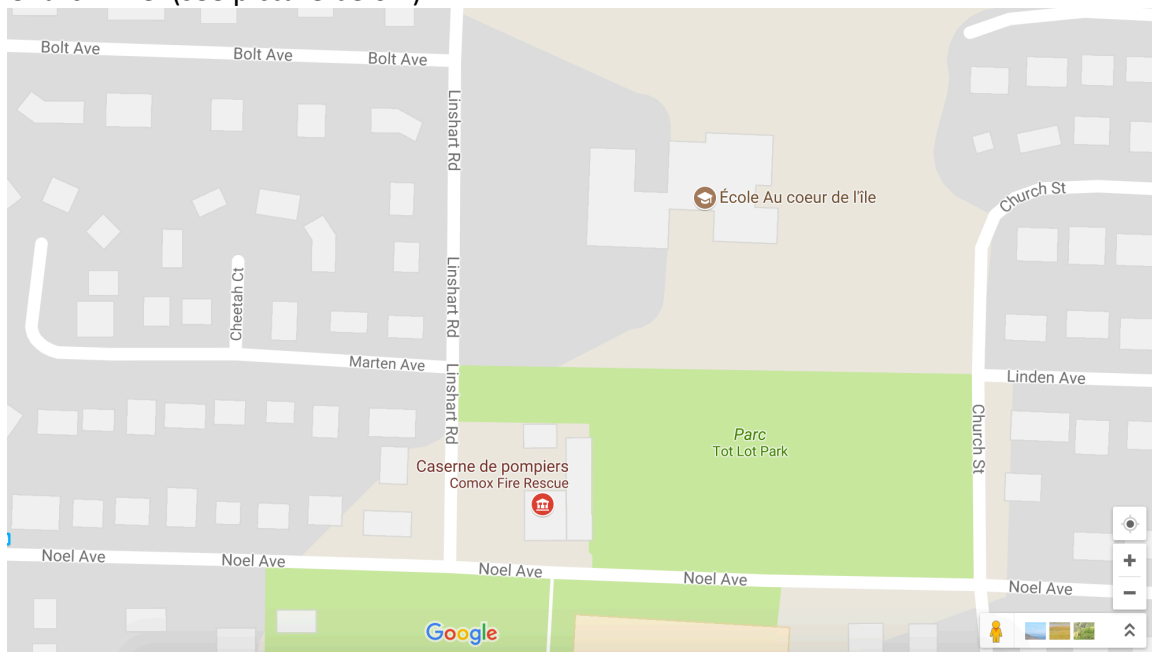
1) We will have a quick meeting for coaches just prior to 3:15

2) The run will begin at 3:15.

- a. Grade 7's girls, then boys
- b. Grade 3's girls, then boys
- c. Grade 4's girls, then boys
- d. Grade 5's girls, then boys
- e. Grade 6's girls, then boys

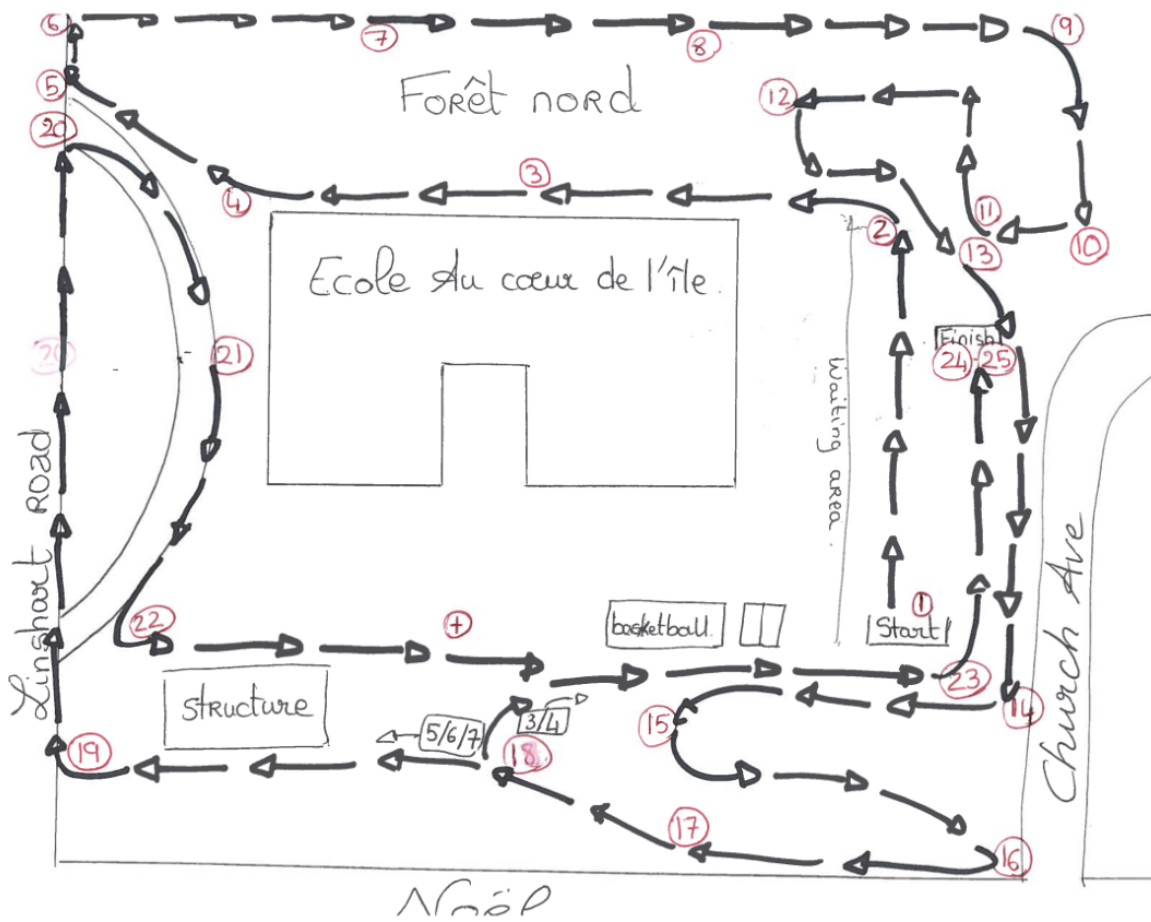
3) We will try to have a clear line on the field for everyone to stay behind. This will help keep the field clear for runners.

4) Parking is an issue. Please try to car-pool as much as possible. You can park on Linshart Road, Marten Ave, Bolt Ave, Noel Ave or on the other side of the field on Church Ave. (see picture below)



See you all Wednesday!

Please also note this map of the racecourse:



If you have any specific questions, please do not hesitate to contact me via email.  
See you all Wednesday!