



**Gryphon Spring CROSS COUNTRY RUNNING Challenge Info-**  
**A CHANCE TO WIN HOUSE POINTS FOR YOUR HOUSE**

**What:** 1 lap (.75 KM) 2 Laps (1.5 KM) or 5 laps (3.75 KM) Challenge.

**Where:** North Forest/Backfield (Faculty and students). Start Behind Kindergarten building.

**Who:** All students, Faculty, and Parents.

**When:** June 10<sup>th</sup> – 18<sup>th</sup> (start to end date).

**How:** Have a timer set at the starting location (1, 2, or 5 lap times recorded).

**Details:**

- A course video will be shared with all students and staff (June 10<sup>th</sup> in the eGryphon).
- Parents are encouraged to join, however as with current Covid-19 regulations, if parents wish to participate, they must use a “Map my Run” type application to ensure proper distance.
- House points will be awarded to the top 3 finishes: 1<sup>st</sup> place (30 points) 2<sup>nd</sup> (20 points) 3<sup>rd</sup> (10 points) per category.
- Teachers, please share the link with students if your class participates.
- Please only **submit your TOP SCORE.** If you run again and beat your top score, please re-submit a new score.
- Please send videos and/or pictures of running or a family celebration ‘jump’ or ‘cheer’ at the completion of your run to [tomas.oljaca@meadowridge.bc.ca](mailto:tomas.oljaca@meadowridge.bc.ca)
- Once you complete the tour run, please visit the link below and send in your timed submission.

**Submissions Link Below:**

**Students’ 1<sup>ST</sup> 2<sup>ND</sup> AND 3<sup>RD</sup>**

- Grade 1-2 = 1 LAP (.75 km)
- Grade 3-4 = 1 LAP (.75 km)
- Grade 5 = 2 LAPS (1.5 km)
- Grade 6 = 2 LAPS (1.5 km)
- Grade 7 = 2 LAPS (1.5 km)
- Grade 8-12 = 5 LAPS (3.75 km)

**Parents and Family Members 1<sup>ST</sup> 2<sup>ND</sup> AND 3<sup>RD</sup>**

- 1.5 KM (2 LAPS)
- 3.75 KM (5 LAPS)

If you are interested, please use an app that tracks distance and complete either 1.5 KM or 3.75 KM **off-campus**. You may submit as many times as you like to the link above.

**Meadowridge Staff Members 1<sup>ST</sup> 2<sup>ND</sup> AND 3<sup>RD</sup>**

- 2 LAPS (1.5 KM)
- 5 LAPS (3.75 KM)

You may submit as many times as you like to the link above.

HOUSE POINTS WILL BE AWARDED TO THE TOP 3 FINISHERS PER CATEGORY:

**Gold (1<sup>st</sup>)** – 30 HOUSE POINTS  
**SILVER (2<sup>ND</sup>)** – 20 HOUSE POINTS  
**BRONZE (3<sup>RD</sup>)** – 10 HOUSE POINTS

**Timing Slots with myself are below (please email [@tomas.oljaca@meadowridge.bc.ca](mailto:@tomas.oljaca@meadowridge.bc.ca) to reserve your spot).  
Meet at the starting location behind the kindergarten building.**

MONDAY 3:30 pm – 4:15 pm (June 14)

WEDNESDAY 3:30 pm – 4:15 pm (June 16)

FRIDAY 3:30 pm – 4:15 pm (June 18)

*\*Contact me if you would like to do the run but none of these times work.*