

# Rudy Elementary Cross Country



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Dear Parents/Guardians

What: Your child has expressed an interest in running cross country.

Who: Grades K-5 are allowed to participate

How:

Students will meet after school on Tuesdays until 3:30. Parents/Guardians must pick students up on time. **Two late pick-ups of 20 minutes or more will result in the student being dropped from cross country.** This includes meets. Parents/Guardians will provide transportation to and from meet sites. Please pick up your child promptly from school and go directly to the school hosting the meet. **A walkthrough of the course will occur at 3:30. The first race begins at 4:00.** All races will be run: K boys, K girls, 1st boys, 1st girls, 2nd boys, 2nd girls, 3rd boys, 3rd girls, 4th boys, 4th girls, 5th boys, 5th girls. The meets generally last about 45 minutes each. You are encouraged to remain at the meet site. If you choose to leave, please inform Ms. Shaw or Mrs. Belcher. A ride for each student should be present at the closing of each meet. Each contestant will receive a participation ribbon in each of the meets he/she attends. Place ribbons will be awarded to the top 10 runners. **\*Runners should bring a water bottle to each meet. Absolutely NO DOGS are allowed at the meets. The distances listed below for each race are approximate and may be slightly different on the day of the meet.**

Thank you,  
Ms. Shaw and Mrs. Belcher

## SCHEDULE OF MEETS

Date	Time	Location	Distance
Thursday, Sept. 14	3:30	King Elementary 6110 Sapporo Drive 80918	K - 2 <sup>nd</sup> — 600 Meters 3 <sup>rd</sup> - 5 <sup>th</sup> — 800 Meters
Thursday, Sept. 21	3:30	Carver Elementary 4740 Artistic Circle 80917	K - 2 <sup>nd</sup> — 700 Meters 3 <sup>rd</sup> - 5 <sup>th</sup> — 1000 Meters
Thursday, Sept. 28	3:30	Mitchell High School 1205 Potter Dr. 80909	K - 2 <sup>nd</sup> — 800 Meters 3 <sup>rd</sup> - 5 <sup>th</sup> — 1100 Meters
<b>Wednesday Oct. 4</b>	3:30	Garry Berry Stadium 2020 Glenn Summer Rd 80909	K-2 <sup>nd</sup> - 900 Meters 3 <sup>rd</sup> -5 <sup>th</sup> - 1200 Meters

## SCHEDULE OF PRACTICES

Date	Time	Location
Sept. 5	2:50—3:30	Rudy Elementary Gym and Trail around Rudy
Sept. 7	2:50—3:30	Rudy Elementary Gym and Trail around Rudy
Sept. 12	2:50—3:30	Rudy Elementary Gym and Trail around Rudy
Sept. 19	2:50—3:30	Rudy Elementary Gym and Trail around Rudy
Sept. 26	2:50—3:30	Rudy Elementary Gym and Trail around Rudy
Oct. 3	2:50—3:30	Rudy Elementary Gym and Trail around Rudy