

Kajaks Track and Field Club  
is pleased to present the

**BC Elementary & Junior High Schools  
Cross Country Meet**

on  
Saturday, October 8th, 2005

“Sanctioned by BC Athletics”

Place: McDonald Beach on Sea Island in Richmond  
(North of the airport - follow Grant McConachie Way, turn right on Templeton  
Turn right at sign for McDonald Beach)

**SCHEDULE**

Race #	Time	Category	Distance
1	10:30	1999 and later Girls and Boys	1200m
2	10:45	1998 Girls	1200m
3	11:00	1998 Boys	1200m
4	11:15	1997 Girls	1500m
5	11:30	1997 Boys	1500m
6	11:45	1996 Girls	1500m
7	12:00	1996 Boys	1500m
8	12:15	1995 Girls	1500m
9	12:30	1995 Boys	1500m
10	12:45	1994 Girls	1500m
11	1:00	1994 Boys	1500m
12	1:15	1993 Girls	3000m
13	1:30	1993 Boys	3000m
14	1:45	1992, 1991 & 1990 Girls	3000m
15	2:00	1992, 1991 & 1990 Boys	3000m

## Information For Coaches

Check-In: All runners should be on the course ready to run at least 20 minutes before the scheduled time. Rabbits and assistance will be provided on the course.

Numbers: Race numbers will be provided. They should be pinned to the front of the runners' shirts and the number tags given to the finish officials at the end of the race. Do not remove the bottom portion of the race number.

Facility: Washrooms are available.

Entry Fees: Members of BC Athletics \$5.00,  
Non-members \$8.00  
Please note that school memberships are available from BC Athletics at 737-3170.  
Day of Event Registration will be available; BC Athletic members \$7.00  
Non-members \$10.00

\*The "Sport Safety/Acknowledgement of Risk" form must be completed by each athlete and returned with the Entry Form for entries to be accepted.

Entries Sent To: Kajaks Track and Field Club                      Fax: 604-275-0708  
8180 Seafair Drive  
Richmond, BC    Email: penj@telus.net  
V7C 1X1

Entry Deadline: Entries must be received by Wednesday, October 5th. or enter day of race.

Web Site: For more info visit [www.kajaks.org](http://www.kajaks.org)

Awards: All competitors receive participation ribbons. The top three finishers will receive medals.

Team Awards: A trophy will be awarded to the team with the highest aggregate total.



**SPORT SAFETY/ACKNOWLEDGEMENT OF RISK - PLEASE READ CAREFULLY**

The responsibility for Sport Safely must be shared by all. I, the undersigned, am aware that there is certain risk of injury involved in my own or my child's participation in Sport, either while travelling to or from the event, or while attending or participating in the programs or activities of the events which are sanctioned/ approved by BC Athletics, its Divisions, its Member Clubs or recognized organizing Societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Signature of Parent/Guardian

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