



Dear Families,

Interested students in grades 3, 4 and 5 are invited to take part in ASD-W's Elementary Cross Country Meets being held on Wednesday afternoons this fall. Students have the opportunity to run and compete against other children from nearby schools while representing Nashwaak Valley.

Students who are interested in participating will have opportunities to take part in team practices two recesses each week with Mrs. Stewart on our track and school grounds. All meets begin at 1:15 pm sharp with typically the races being done in the following order: grade 3 girls, grade 3 boys, grade 4 girls, grade 4 boys, grade 5 girls, grade 5 boys. PARENTS ARE RESPONSIBLE FOR DRIVING STUDENTS TO AND FROM THESE MEETS. There is no fee to participate. Our students will proudly represent our school by wearing our school shirts (handed out at each meet).

Below are the dates and locations of the meets.

Wednesday, September 20 at 1:15 pm at Gibson Neill School

Wednesday, September 27 at 1:15 pm at Henry Park

Wednesday, October 4 at 1:15 pm at McAdam Avenue School

Wednesday, October 11 at 1:15 pm at Nashwaaksis Middle School (Final district meet)

If your child would like to participate on our NVS Cross Country Team please return the bottom of this form so that we can organize accordingly.

Happy Running! ~ Mrs. Stewart (Principal and P.E. Teacher) & Mr. Hazlett

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Name: \_\_\_\_\_

Class: \_\_\_\_\_

Can attend the meets: YES    ONLY SOME    NO BUT WOULD STILL LIKE TO PRACTICE AT SCHOOL

