



TO: All Kamloops Elementary School Sports Contacts
RE: 2019 Arthur Stevenson Invitational Cross Country Run
FROM: Arthur Stevenson Elementary

All interested schools are invited to attend the Arthur Stevenson Cross Country race on **Tuesday, October 1st at Westsyde Centennial Park.**

Race Description:

The race will begin in the park and go through the field onto the dike. The trail then follows the dike before heading onto trails that follow the North Thompson River. The route eventually heads back onto the dike and into the park. The run starts and finishes in the same place for all grades (grade 5-7 students will run farther down the dike before turning onto the trail system and heading back toward the park).

Cost: There will be no cost associated with this event.

In the Spirit of Terry Fox we will not be giving ribbons at this event. However, at the finish line runners will be told their place (up to 30th) as we recognize that many are trying to improve their performance from one event to the next.

Schedule: (all times approximate)

Instructions to runners - 3:15

Grade 3 - 3:25

Grade 4 - 3:40

Grade 5 - 3:55

Grade 6 - 4:15

Grade 7 - 4:25

Distance: 1.2 km (grade 3 and 4)
1.8 km (grade 5, 6, 7)

Please contact **Deanna Steptoe** at Arthur Stevenson (dsteptoe@sd73.bc.ca) if you have any questions or concerns.