



Our Lady of Perpetual Help School
235 Poplar Street, Kamloops, BC V2B 4B9
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Website: www.olphschool.ca

To: Elementary Schools Sport's Rep
Elementary Administrators

From: Liz Ciulla

Re: OLPH Cross Country Run

You are cordially invited to attend the **19th Annual OLPH Cross Country Run** which will be held on Wednesday, September 21st, 2022, at McArthur Island Park.

Here is some information on the event:

- * the course for grades 3 and 4 runners is approximately 1.4 km
- * the course for grade 5, 6 and 7 runners is approximately 1.7 km
- * there will be place ribbons awarded for **1st to 36th** in each grade level and participation ribbons awarded from 37th place and on
- * each school attending is asked to submit an entry fee of \$20 or \$1 per runner if you are sending fewer than 10 runners in total. Please send cash or cheque to OLPH or bring with you on the day of the event
- * this meet will be a true cross country meet; team standings will be calculated in each grade/sex grouping and a team rosette awarded to the winning team. The team with the lowest point total will be declared the winners.
- * teams must be made up of at least 4 runners in order to be considered for the team standings. If you have more than 4 runners in any event, they will have to check in at the table with their school name on it. Any size of team is welcome to participate in the individual races but are not included in the team event.

Please email liz.ciulla@olphschool.ca by no later than **Friday, September 16th** if you will be attending and the approximate number of students you will be bringing.

Instructions to the participants will begin at 3:15 pm and the races will begin shortly after. We are looking forward to an exciting event and hope to see you there!

Mrs. Liz Ciulla
PE Teacher
Athletics Coordinator
Our Lady of Perpetual Help School
250-376-2343