

September 12, 2019

Dear 5th Grade Parents/Guardians,

On Wednesday October 16th the School District of Waukesha, in conjunction with Geiger Awards, is sponsoring the 45th Annual Grade School Cross Country Run. Please carefully read all the information in the packet. The 1 ¼ mile run will take place at West High School with the start near the Varsity Football field and the finish right on the track. Best seats to view a majority of the race is in the press box side stands. The first race will start at 4:15 pm. Your child will need to find transportation to and from West High School unless your building has arranged group transportation.

Traffic at West High School is always a concern on race day. Please be careful and courteous when driving into the venue and parking. The main entrance to the high school will be the only way in and out because of how the race is set up. Police officers will be on site to help with traffic control. We need everyone to be patient and aware of runners and spectators at all times. The safety of the runners and spectators should be the priority. Thank you for your understanding and cooperation.

Every runner participating will receive a t-shirt, with the top 55 runners in each division earning an individual award. First and second place team trophies in each division will also be awarded.

If you feel your child is physically able to run/walk 1 ¼ miles and he/she wishes to participate, please sign the permission slip on the last page of this packet, and return it to school by **Tuesday, October 1st, 2019.**

NOTE: Because of facility use, there will be no scheduled rain date.

The School District of Waukesha would like to thank Geiger Awards for sponsoring this year's event.

Sincerely,

5th Grade Cross Country Run Team Members

Starting Times For 5th GRADE Cross Country Run:

The Waukesha West athletic facility is one of the busiest venues in the city and Wednesday October 16th is the only available date for the 5th Grade Cross Country Run. If weather is a factor the start times may be delayed, but there is no scheduled rain date.

Four race time schedule:

At 4:15 pm. 5th Grade Girl's Red Division will start.

Hadfield	Mount Calvary	Waukesha Catholic
Prairie	Whittier	
Lowell	Trinity Lutheran	
Meadowbrook	Beautiful Savior	

At 4:35 pm. 5th Grade Boy's Purple Division will start.

Banting	Heyer	Hillcrest
Bethesda	Summit view	Hawthorne
Randall Stem	Rose Glen	

At 4:55 pm. 5th Grade Boy's Red Division will start.

Hadfield	Mount Calvary	Waukesha Catholic
Prairie	Whittier	
Lowell	Trinity Lutheran	
Meadowbrook	Beautiful Savior	

At 5:15 pm. 5th Grade Girl's Purple Division will start.

Banting	Heyer	Hillcrest
Bethesda	Summit view	Hawthorne
Randall Stem	Rose Glen	

RACE STARTING PROCEDURE:

1. Runners should be arriving as soon as possible after school.
2. Adults in charge will assemble their teams near the starting line and listen to when their team is to report to the starting line. There will be a race administrator handing out school envelopes containing stickers with the runner's names and school they represent. Runners must put the information sticker on the front of their shirt before the race.
3. Runners should do warm ups before the race.
4. Listen to the public address system and have available to the runners the time schedule provided below.
5. **At 4:05 pm.** The 5th Grade Girl's Red Division will be called.
6. **At 4:15 pm.** The 5th Grade Girl's Red Division will start.
7. **At 4:25 pm.** The 5th Grade Boy's Purple Division will be called.
8. **At 4:35 pm.** The 5th Grade Boy's Purple Division will start.
9. **At 4:45 pm.** The 5th Grade Boy's Red Division will be called.
10. **At 4:55 pm.** The 5th Grade Boy's Red Division will start.
11. **At 5:05 pm.** The 5th Grade Girl's Purple Division will be called.
12. **At 5:15 pm.** The 5th Grade Girl's Purple Division will start.

PROCEDURE AT FINISH

1. The runners will finish on the track and enter a chute guided by volunteer high school Key Club students. They will move forward through the chute to learn their place, pick up their shirt and receive any award they may have earned.
2. After each runner crosses the finish line they will be funneled into the chute with high school students making sure they stay in the order of finish. **Runners are not to stop or pass anyone once they have entered the chute.**
3. At the end of the chute the name tags will be removed and placed on the scoreboard.
4. Before each runner leaves the chute, they will receive their shirt and an award if one has been earned.

RAIN DATE:

We will delay races if there is inclement weather.

There is no rain date if run has to be cancelled because of the weather.

LOCATION:

Course is located in and around Waukesha West High School and athletic facilities.

DISTANCE:

Approximately 1 ¼ mile course ...REMEMBER...**RUNNERS MAY WALK IF NEEDED.**

AWARDS:

Every runner participating will receive a t-shirt, with the top 55 runners in each division earning an individual award. First and second place team trophies in each division will also be awarded.

All students will Geiger Awards will once again provide the silk-screening of the t-shirts and the engraving of the awards and the team trophies.

Each runner who finishes will receive a t-shirt.

In each race:

- The individual winner of each race will receive a first place trophy.
- Smaller trophies will be given to 2nd through 15th place.
- Medals will be given for 16th through 30th place.
- Ribbons will be given for 31st through 55th place.

1st and 2nd place team trophies will be awarded for each division.

REGISTRATION:

1. All runners must be pre-registered by each school. If you think the child will run, put them on the roster. It is each school's responsibility to have permission slips signed and kept at each school in order to be eligible to run.
2. Computer generated stickers will be made for each runner with their name along with the school they represent. Envelopes with those stickers will be distributed at the race site. The stickers are to be worn by each runner and will be collected at the end of the chute to determine place, time and team score.

TRANSPORTATION:

Transportation to the event must be provided by parents unless schools make other arrangements.

Please remind drivers to be careful and patient as they drop off and pick up. Police officers will be on site to assist with traffic flow.

FIRST AID:

Coaches are reminded to monitor their own athletes to make sure they cross the finish line. If runners have problems along the course there are high school students on the course to assist. If medical attention is necessary there will be an athletic trainer available. Notify the press box or an adult race supervisor if assistance is needed.

WEBSITE FOR TRAINING ACTIVITIES:

<http://aahperd.org/template.cfm?template=run/programMaterials.html>

THIS PERMISSION SLIP SHOULD BE KEPT IN THE SCHOOL OFFICE FILE.

I verify that my child is physically able to run/walk 1 $\frac{1}{4}$ miles and has my permission to participate in the 5th Grade Cross Country Run on Wednesday, October 16th at Waukesha West High School. I will arrange transportation of my child as dictated by his/her school.

(Student)

(Parent/Guardian)

(Date)