
GCMS INFERNO X-Country 2025

Dear Parent(s)/Guardian(s):

It's that time of year again! The GCMS track team is starting off the year with 6 cross-country running events. We welcome all students and skill levels from grades 5-9 to be part of our GCMS X-Country running team. Below you will find a list of the 6 races with the dates and locations. **Parents will be responsible for the transportation of their child to and from the event.** Please check off which races your child will be attending and be sure to copy them down for your personal records. 2014-2017 birth years run 1000m and 2011-2013 birth years run 2000m.

Students will have an optional practice on Tuesday during nutrition recess and races will take place Thursday after school. Races are in order from youngest to oldest beginning at 4:15pm and races associated with ages for grades 5-9 will start no earlier than 5:00pm. This allows those age groups to show up closer to their start time and free up more parking for the younger age groups. Students will get a race sticker at school the day of their race and then report to their gender/birth year at the location. We have a Greystone pinnie for each racer to sign out for the duration of X-country and it will need to be returned after their last race (washed). A fee of \$25 will be charged if the pinnie is not returned.

Please return the attached permission slip to Mrs. Wolitski. Fees will be added to your child's account based on # of races purchased.

Optional Practice

Tuesday at Nutrition Break (11:06-11:21)

Races

Race #1 - September 11 - Forest Green @ Old Memorial Site

Race #2 - September 18 - Woodhaven @ Brookwood

Race #3 - September 25 - Entwistle (@ Entwistle)

Race #4 - October 2 - High Park

Race #5 - October 9 - Meridian Heights

Race #6 - October 16 - Prescott (@ Jubilee Park)

Feel free to contact us if you have any questions. Happy running!

Leigh Wolitski leigh.wolitski@psd.ca

Lindsay McCulloch lindsay.mcculloch@psd.ca

Tracy Lachman tracy.lachman@psd.ca

Please return this portion of the form back to Mrs. Wolitski. Fees will be added to your child's account based on the # of races.

Date / Time	Location	Cost	Please mark with an (X) if your child is attending.
Thurs. Sept 11 5:00pm	Forest Green hosting @Old Memorial site	\$5.00	
Thurs. Sept 18 5:00pm	Woodhaven hosting @Brookwood	\$5.00	
Thurs. Sept 25 5:00pm	Entwistle hosting @ Entwistle	\$5.00	
Thurs. Oct 2 5:00pm	High Park	\$5.00	
Thurs. Oct. 9 5:00pm	Meridian Heights	\$5.00	
Thurs. Oct.16 5:00pm	Prescott hosting @ Jubilee Park	\$5.00	
		Total cost of races #races x \$5.00	Race cost=
Greystone Pinnie	Signed out: Pinnie #	\$25 fee if lost or damaged	
			Total Cost=

I, _____, give permission for _____

(Your First and Last Names Here)

(Your Child's First and Last Names Here)

who is in grade _____ to participate in the running events in which I have marked off on this permission form. I am responsible for their transportation to and from the event. Birth Year: _____

(Date)

(Parent/Guardian Signature)

Contact name _____

and # _____