Hello Parents and Guardians,

We are excited to start the cross country season for our students. All of the elementary schools will be participating, with all four schools hosting one meet. Boys and girls in kindergarten through fifth grade can participate. If your child is interested, please fill out a permission slip prior to our first practice. Permission slips can be picked up at the office.

Practices are right after school from 2:30-3:00 for K-3 and 3:05-3:30 for 4th and 5th. Please refer to the calendar for practice and race days. Meets will start at 3:30, please arrive at least 15 minutes early for warm ups with your coach and to get your name tag. We will start with the Kindergarten race and then continue on with the next levels. \*Please note that there will be practice 9/25 and 9/27.

Races are broken into grade level and by gender. All students will receive a ribbon for finishing the race, we will award the top 10 runners with their placement ribbon and the rest will receive a participation ribbon. Shorts and tennis shoes are suggested for practices and meets. Parents are responsible for transporting and supervising their child at the meets. Water bottles are also recommended for practices and races. We also encourage students to wear their school shirt to the race. Kindergarten and first grade races are ¼ of a mile, second-fourth grades run ½ mile, and our fifth grade students will run ¾ of a mile.

If you have any questions or concerns, please contact me.

[kkincaid@dixonmontessori.org](mailto:kkincaid@dixonmontessori.org)