



21st Annual Cross Country Meet
Wednesday, October 10, 2018
Manchester State Park, Port Orchard
Hosted by Bethany Lutheran School



PLS 2018 Cross Country Season Info

- All students in grades 5 thru 8 are invited to participate.
- There will be a few *optional* practices around the PLS area, in the weeks leading up to the meet.
 - Tuesday, September 18, 3:30pm to 4:30pm
 - Tuesday, September 25, 3:30pm to 4:30pm
 - Tuesday, October 2, 3:30pm to 4:30pm
 - Tuesday, October 9, 3:30pm to 4:30pm
- Meet Info:
 - The course is 1.5 miles. There are some hills in the first quarter of the race, but the remaining portion of the course is relatively flat.
 - All participants are to wear a PLS t-shirt. If you do not have one, please see the school office.
 - Drivers are needed to transport students to the meet.
 - Runners will leave school at 10:15am.
 - Students will eat lunch on the way to Manchester.
 - All runners will participate in a walk-through of the course at 12:00pm.
 - The 5th and 6th grade race will begin at 12:30pm, followed by the 7th and 8th grade race.
 - The top five finishers from each school will have their times count towards a team score. Other finishers will serve as pushers in the case of a tie. Prizes will be awarded.
 - Runners will return to PLS at approximately 3:30pm. Students not picked up after returning to school will be escorted to Extended Care.
- **Students become ineligible for the race and practices if they do not meet academic eligibility.**
- The following permission slip, along with a concussion form, must be turned in to the athletic director before a student may participate in any meets or practices.

If you have any questions about any of our sports programs, please feel free to contact Mrs. Enstad at:
menstad@parklandlutheran.org

*****Cut & return*****
Please read carefully before signing and returning.

_____ has my permission to participate in the PLS 2018 Cross Country Season.
 (Please Print Student's Name)

I, _____ am able to drive to the meet and can transport a total of _____ students.
 (Please Print Driver's Name) (# of Students)

I am sorry that I am unable to drive to the meet.

 (Parent/Guardian's Name – Please Print)

 (Parent/Guardian's Signature)