



**23<sup>rd</sup> Annual Cross Country Meet  
 Wednesday, September 29, 2021  
 Manchester State Park, Port Orchard  
 Hosted by Bethany Lutheran School**

**PLS 2021 Cross Country Season Info**

- There will be a few *optional* practices around the PLS area, in the weeks leading up to the meet.
  - Friday, September 10, 3:30pm to 4:30pm
  - Friday, September 17, 3:30pm to 4:30pm
  - Friday, September 24, 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 5<sup>th</sup> and 6<sup>th</sup> grade race will begin at 12:30pm, followed by the 7<sup>th</sup> and 8<sup>th</sup> 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 games and practices if they do not meet academic eligibility (see handbook). Players not academically eligible by lunch time on practice and game days will not be able to participate and will phone home so that parents can pick them up at the end of the school day.**
- The following permission slip, along with a concussion form, must be turned in to the Mrs. Enstad 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](mailto:menstad@parklandlutheran.org)

\*\*\*\*\*Cut & return\*\*\*\*\*

**Please read carefully before signing and returning.**

**Assumption of Risk for COVID-19:** I understand that my child’s participation in this activity is voluntary and is not required. By signing below, I acknowledge that I have carefully read the above; understand the risks of COVID-19 associated with participating in PLS activities in-person. I voluntarily assume such risks.

**Waiver of Liability/Hold Harmless:** Parents/guardians assume any and all risks and responsibilities for allowing their child to participate in this activity as outlined in this letter. Parkland Lutheran School is not responsible for any sickness your child (or any family members) may incur while at school.

\_\_\_\_\_ has my permission to participate in the PLS 2019 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)

**\*\*As the circumstances surrounding Covid-19 are ever evolving, the above information is subject to change.\*\***