



Edith McDermott Elementary

12178 Bonson Road, Pitt Meadows, BC V3Y 2L5

Phone: 604 460 9993 Fax: 604 460 9983

Principal: Mrs. Christina Crump

Email: Christina_Crump@sd42.ca

Website: <http://schools.sd42.ca/em>

INTERMEDIATE CROSS-COUNTRY RUNNING TEAM

This permission slip will allow my son/daughter _____ in Grade ____ to compete in the **District Cross-Country Championships on Monday October 19, 2026**. The event is being held at the Albion Sports Field, 23778 104 Ave, Maple Ridge.

Student athletes are also encouraged to train two times each week on their own (long distances or long periods of intensive exercise without frequent breaks is not recommended for elementary-aged children; the run itself is approximately 2km, and training should not exceed this).

On Oct 19 you will need to pick up your child at Edith McDermott Elementary by 2:30 pm and drive them to Albion Sports Grounds. **No rides will be organized or provided by EME staff.** The event starts at 3:15 pm; this is approximate as organizers know that many schools are coming from a great distance to arrive there. Please check the assigned times for your child's grade as times are staggered appropriately. Please look for the coaches manning the EME canopy and sign them in. School pinnies will be distributed at the sign-in station.

At all times, students are expected to behave in a safe and appropriate manner as per our school's Code of Conduct. Accidents can occur and inherent risks to this activity may include, but are not limited to, bodily injury due to trail conditions, contact between runners, or while travelling to/from event. By allowing your child to participate in this event, you are accepting risks of accidents and agree that this event is suitable for your child.

Your child's care card number _____

Sincerely,
Mrs. Nancy White

Parent's/Guardian Name

Date

Phone No. (preferred)

Email address

Classroom Teacher

Please return this form to Mrs. White by **Wednesday Oct 14 2026**

Stand Tall Stand Proud

Intermediate Cross Country – District Races
Golden Ears Provincial Park Alouette (South Beach) Day-use Area
Monday Oct 19, 2026

Intermediate Schedule:

The Intermediate course is approximately 2kms

3:15pm – _Grade 7 Girls

3:28pm – _Grade 7 Boys

3:41pm – _Grade 4 Girls

3:53pm – _Grade 4 Boys

4:03pm – _Grade 5 Girls

4:15;pm – _Grade 5 Boys

4:28pm – _Grade 6 Girls

4:39pm – _Grade 6 Boys

All times are approximate and races may start earlier than the scheduled time so please let your students and parents know to always be listening to the announcements.

****This sheet is for parents to keep to mark start time for your child