

KISKAHIKAN SCHOOL, BOX 72, WEYAKWIN, SASK S0J 1W0 306-663-5672

Sept.1st, 2023

To: Cross Country Running Coaches

Please accept this as your invitation to the Thunder Ridge Kiskahikan School Annual cross country race.

This year we are holding the race, Thursday, Sept.21st, 2023. Registration will be held between 10:00 A.M. and 11:00 A.M. Races will begin at around 11:00 A.M.

Due to the large number of races, we will be running in age groups with the exception of the younger and smaller runners. Also, if you plan on attending, please let us know asap along with the number of runners!

The following are the age groups and the approximate set distances.

Boys and Girls 5/6 - 1 lap

Boys and Girls 7/8 - 1 lap

Boys and Girls 9/10 -1 lap

Boys and Girls 11 - 1 lap

Boys and Girls 12 - 2 laps

Boys and Girls 13 - 2 laps

Boys and Girls 14 - 3 laps

Boys and Girls 15 - 4 laps

Boys and Girls 16 & 17 - 6 laps *

Boys and Girls 18 & over -- 6 laps *

- Denotes district and provincial distances for SHSAA competition!

There is room at the school if you would like to travel the evening before and spend the night. Please contact Matthew at 306-663-5672.

If you need more information, please phone and speak with me.

Contact persons: Med Thomas @306-960-1896 and Matthew Macdonald at 306-663-5672.