



- Jumps
 - Throws
 - Pole Vault
 - Middle Distance
 - Sprints & Hurdles
 - Cross Country
- Ages 8 and Up**

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Dear Principal or Cross Country Coach:

We are preparing for our 34th year for the Elementary/Middle Schools Valley Royals Grand Prix Cross Country Series. We are pleased to invite your school to be a participant in this series of four cross country meets.

The Grand Prix series is one of the largest participation meets designed specifically for youth in grades 4 to 8 in Canada. The series attracts wide attention and coverage of the meets with pictures and results published in the local newspaper.

The students find this series to be both fun and exciting. These runs encourage participation and fitness. Results are published on our website www.valleyroyals.org for all participants who complete each of the races over a 1.7 km course. This enables both the runners and their coaches to track the improvement of each and every runner.

One of the highlights of the meet is the awarding of the Jane Swan Fitness Award. This coveted trophy is awarded to a school that demonstrates overall fitness.

The dates for this year's races are as follows: September 20th, September 27th , October 4th, and October 11th. NEW Online Registration is now available - see details on the following page under the heading "Entries".

We will be having a concession stand on site where we will sell drinks and snacks.

We look forward to having your school as a participant. See you at the races.

Sincerely,

Christa McAuley,

Club Administrator for the Valley Royals Track & Field Club



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34th Annual Valley Royals Grand Prix Cross Country Series

- Dates:** Wednesdays – September 20th and 27th, October 4th and 11th
- Time:** Start time is 3:45pm
- Location:** Clearbrook Park, 3680 Clearbrook Rd., Abbotsford, BC
- Divisions:** Grades 4, 5, 6, 7, 8 Boys and Girls – NO Grade 3's, please
- Fees:** \$5.00 per athlete, payable to the Valley Royals. This fee is expected from athletes entered, whether or not they make it to the races.

Entries: Go to valleyroyals.org and click on "Valley Royals Grand Prix Racing Series" in the menu. Then click on the registration link which will allow you to register Online or copy and paste this URL into your browser:

<http://www.trackiereg.com/ValleyRoyalsGrandPrixXC>

Late Entries: Any entries on or after the first race will be considered late entries and the late entry fee is \$10.00 per athlete. There is no "swapping" of athlete numbers

Race Order: Gr.4 Girls, Gr.5 Girls, Gr.4 Boys, Gr.5 Boys,
Gr.6/7/8 Girls, Gr.6/7/8 Boys

Distance: Approximately 1700m

Rabbit: The runners will be led by an older runner at each race

Results: Posted on our web site: **www.valleyroyals.org**

Individual points & awards: The first place finisher in each division receives 20 points, 2nd – 16, 3rd – 12, 4th – 10, 5th – 8, 6th – 6, 7th – 4, 8th – 3, 9th – 2, and 10th – 1 point. These points are added together throughout all four meets, to produce a final score. Individual awards will be given to the top ten boys and girls in each grade. Awards are only given to those who attend a minimum of three of the four meets.

Team points & awards: Team points will be accumulated from the first four runners on each team. After the completion of the series of four meets, awards will be given to the top three teams in each of the grade divisions for both boys and girls.

Ties: Ties in the final results, whether in the Individual Standings or in the Team Standings, will be broken on the basis of performances in the last race of the series.

Jane Swan Fitness Award: The Jane Swan Fitness Award recognizes the school with the best overall performance from their athletes. It is a scale that takes into account the performance of all the runners on a school's team.

All awards will be given to the schools to present as you wish.

Reminders:

1. Each athlete is entered in the computer by his/her running number. DO NOT let the students exchange numbers! If a runner does not have their number, come to the tent and we will issue a new number.
2. Make sure to verify the grade of each athlete. Otherwise, they may be entered in the wrong division and receive awards they should not rightfully have!
3. Athletes are welcome to become members of our club. Cross Country practices are Mondays and Wednesdays 4:00 - 5:30 pm and Saturdays 10:00 - 11:30 am (*some Saturdays will be race days*). Please email the Club Administrator Christa McAuley for more information at dcmcauley@hotmail.ca

Procedure for race day:

- a) An adult must pick up the team's envelope of running numbers from the box at the registration desk and distribute them to their athletes. The envelope will contain a master list of your team's runners and their numbers. Keep this master list in the envelope throughout all four meets.
- b) Numbers are to be worn on the front. No names will be written on the numbers. Athletes are identified by NUMBERS ONLY! Numbers must be visible when the athletes cross the finish line.
- c) After the athletes have gone through the chute, meet at your designated spot, collect the numbers (& the four pins), put them back in the envelope with the master list, and leave the envelope at the Registration Tent
- d) SPOTTERS – All adults, please: - refrain from pacing your athletes and share this information with parents - discourage bike riders from being on the course - discourage athletes from taking short cuts - discourage the harassment of runners by non-competitors
- e) If an athlete loses his or her number, let the Registration Tent personnel know asap.

We look forward to receiving your entries!

Any questions, email: Christa McAuley dcmcauley@hotmail.ca

Note: this email address is a recent change

Please delete any former email addresses that you have for Christa in your address book