

Sansome School
Grade 4 & 5
Cross Country Team Practices
2024



- Students are to meet in the gym at **12:25pm** dressed and ready to go.
- Please come to school wearing proper running attire: a t-shirt, shorts/sweats, runners, and bring a water bottle.
- All team members must be prepared to run outdoors or indoors, so they may want to dress in layers.
- Practices will take place rain or shine on the dates listed below:

Thursday, September 12th

Monday, September 16th

Wednesday, September 18th

Monday, September 23rd

Wednesday, September 25th

Tuesday, October 1st

Wednesday, October 2nd

District Family Meets @ 4:05pm

Race #1 ~ Thursday, September 19th @ Sansome (800m)

Race #2 ~ Thursday, September 26th @ Robert Browning (1000m)

Divisional Meet at Assiniboine Park:

Race #3 ~ Thursday, October 3rd (Rain Date ~ October 10th)

If you have any questions, please do not hesitate to email Mrs. Starkell at kerry.starkell@sjasd.ca or call the school @ 889-6000!