

Dear cross-country caregiver(s),

Shoreline Middle School is proud to offer athletic opportunities to all students at the school. **Cross-country runners will be practicing on Mondays, Tuesdays, and/or Fridays after school from 3:00-3:30PM.** Practices will be shared with students over the announcements each week. Students are encouraged to come to as many practices as they can since the races are beginning Thursday, September 19th!

**The Cross-Country Team will be participating in the following meets:**

Cross-Country Meets	Location	Address
Thursday Sept. 19th	Lambrick Park	4139 Torquay Dr, Victoria, BC V8N 3L1
Thursday, Sept. 26th	Cedar Hill	3220 Cedar Hill Rd, Victoria, BC V8P 3Y3
Thursday, Oct. 3rd	Beaver Lake	728 Beaver Lake Rd, Victoria, BC
Wednesday, Oct. 16th	Westshore	1767 Island Hwy, Victoria, BC V9B 1J1

It would be great if you are able to bring your athlete to each meet. Please let us know if you need a drive and we will do our best to support you.

Thank you,

Nathan Forestell  
[nforestell@sd61.bc.ca](mailto:nforestell@sd61.bc.ca)

Sonya McRae  
[smcrae@sd61.bc.ca](mailto:smcrae@sd61.bc.ca)

### RACE TIMES

Grade	Times
6	3:45 Boys 3:50 Girls
7	3:55 Boys 4:00 Girls
8	4:05 Boys 4:10 Girls

Please sign this form and return to M. Forestell or Mz. McRae, indicating your child has permission to participate on the Shoreline 2024-25 Cross-Country Team.

**Student's Name:** \_\_\_\_\_ **Division:** \_\_\_\_\_

My child \_\_\_\_\_ has read the Shoreline Athletics' Code of Conduct and is allowed to participate on the Cross-Country team, attending practices and meets.

- My child has a ride to Cross-Country meets.
- My child **needs a ride** to Cross-Country meets and I will pick them up there
- My child **needs a ride** to and from Cross-Country meets

★ **Parent/Guardian signature:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

We will communicate with you using the email address included on this form if there are any changes in schedule. Thank you for your support! If you have any questions please contact us.