



## **Rolph Road Cross Country Team 2022**

Dear Parents & Guardians,

The Rolph Road Cross Country team is excited to be back and will be participating at the North Conference Cross Country Meet at Earl Bales Park on October 4<sup>th</sup>. As in previous years, parents and guardians are asked to drive their child to the meet. If you are not accompanying your child to the meet, it is your responsibility to find another parent who will accompany your child.

The team is meeting at Earl Bales at 9:30 a.m. on October 4<sup>th</sup>. Look for our Rolph Road banner and fellow Rolph Road cross-country runners when you get there!

Your child will receive a Rolph Road t-shirt or a pinny to borrow and is expected to wear that shirt the day of the race. Students should also dress in anticipation of variable weather conditions on race day. They should dress in layers, and bring a second pair of shoes, dry socks and a raincoat or rainproof windbreaker type jacket. When you arrive at the meet, please see one of your coaches to get your race number written on your hand. We recommend that runners have a high carbohydrate dinner the night before the race and an early breakfast to avoid cramping and stomach issues. All participants should bring a good lunch that contains plenty of fruit and vegetables with high water content and plenty of water in recyclable or reusable containers.

We appreciate all of your help and support.

We are looking forward to a great day,

Mr. Jonsohn & Mr. Williams

**\*\*\* Please return the last page form  
by September 26<sup>th</sup> to the Cross Country Coaches \*\*\***

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## **Rolph Road Cross Country Information**

As in past years, parents are asked to drive their child to and from the meet. If you are unable to accompany your child to the meet, please find another parent who will be responsible for your child. We will meet at 9:30 a.m. on race-day. Please look for the Rolph Road banner in the crowd when you arrive! That will be our meeting spot for the day. Mr. Williams will be waiting there to write each student's race number on their hand. Please note that Mr. Jonsohn will be at the starting line. Parents will be responsible for supervising their children at the meeting spot and for ensuring they arrive at the starting line to meet Mr. Jonsohn on time for their race.

### **DATES AND LOCATIONS:**

- **Qualifying Meet Tuesday October 4th @ Earl Bales Park**

- **Conference Finals Wednesday October 19th @ Earl Bales Park** Grade 3 - 6 runners and teams who qualified from the qualifying meets

- **City Championships Wednesday October 26th @ Centennial Park** Grade 4 - 6 runners and teams who qualify

### **STARTING TIME:**

*October 4<sup>th</sup>* - 10:00A.M. Grades 1-6 (in that order) GIRL/BOY

*October 19<sup>th</sup>* - 10:00A.M. Grades 3-6 (in that order) GIRL/BOY

### **REMINDERS FOR RACE DAY:**

- Please keep away from any areas that have been roped off
- Students will be marshaled at the start line before each race
- Parents must please stay back from the start line
- No running or cycling beside/behind runners. Stand in place and cheer only.

### **ELIGIBILITY AND MEET QUALIFICATION:**

1. Top 40 runners and top four teams will qualify for the Conference Finals from each qualifying meet.
2. Top three teams and the top 20 individuals not on a top 3 team will qualify for the TDESAA Championships @ Centennial Park.

### **TEAM SCORING:**

Top 4 runners in each race per school make up the team result. This score is calculated by adding each school's best four finishers. The lower the score the better. In the event of a tie, the better Placed 4<sup>th</sup> runner is used to break the tie.

### **FIRST AID:**

The TDSB Phys. Ed. Department will hire First Aid personnel for emergencies. On course officials will radio if there is a problem on the course with a participant.

### **EARL BALES PARKING:**

There are over 350 parking spots at Earl Bales, but they will fill up early (by 10:00 am) Parents may park on the following roads for up to 3 hours (if tires are chalked) without receiving a ticket:

SOUTH - Timberlane Drive Parking on both sides of the street

NORTH - Don Valley Blvd enter South of Sheppard and turn right into a large parking lot. Short walk up a hill on a paved path to the start line

WEST - Bainbridge Ave - parking OK past Yeomans Rd

Ellison Ave - parking on South side only

Danby Ave - parking on North side past Yeomans Rd

Yeomans Rd - parking on both sides

Reiner Rd - parking OK on South side

McAllister - parking OK on South side and both sides past Yeomans Rd

Harlock Blvd - parking OK on both sides

Hammell St - parking OK on grass

Alexis Blvd - parking OK on both sides.

### **PLAYING REGULATIONS:**

- No spikes, soccer or baseball cleats or iPods, mp3 players etc.
- Students must run with the grade they are in

### **RACE DISTANCES:**

- Grades 1&2: 1000M
- Grades 3: 1500M
- Grades 4 – 6: 2000M
- There is a +/- 300m allowance for each course – see map

### **SEVERE WEATHER CANCELLATIONS:**

We do not cancel the meets because of rain. If there are thunderstorms in the forecast, then the meet will be cancelled and rescheduled. Decision to cancel is done by 6:15 am. A message will be emailed to all coaches by 6:15 am the day of the meet and this message will then be sent out as a school wide email blast.

### **AWARDS**

Qualifying Meets – 1st – 10th Ribbons / 11th – final runner get Participation Ribbons

Conference Finals – 1st – 3rd Medals / 4th – 10th Ribbons / 11th – final runner get

Participation Ribbons / Top 3 Teams Crests / Top Team school banner

Grade 1's and 2's will only receive a participation ribbon at the qualifying meet

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## Earl Bales Park



### TDESAA North Cross Country Courses @ Earl Bales Park

Gr. 1-2 - 1000m - ABCDE-Finish

Gr. 4-6 - 2000m - ABCGJICDE-Finish

Gr. 3 - 1500m - ABCGHICDE-Finish

Gr. 7&8 - 3000m - ABCDEFBCGJICDE-Finish

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**Address: 4169 Bathurst St, North York, ON M3H 3P7**

*Please keep all previous pages for your  
own records and future reference*

**\*\*\* This form must be returned to either  
Mr. Jonsohn or Mr. Williams  
no later than September 26, 2022 \*\*\***

The electronic permission form will be sent to the email address that the TDSB has on file.

I would like my child to compete at the 2022 Cross Country Meet.

I would like the coaches to please register my child and email me a TDSB electronic permission form for the Meets.

Child's name: \_\_\_\_\_  
(Please print clearly)

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

