



THE JOHN CARROLL SCHOOL

703 E. Churchville Road
Bel Air, Maryland 21014
410.838.8333
410.879.2480
Fax: 410.836.8514

Dear Phys Ed Teachers, Cross Country Coaches and Parents,

On Friday, November 1st, 2019, John Carroll will be hosting the Patriot Middle and Elementary School Cross Country Invitational. All middle and elementary school kids are invited to compete. There will be separate races for different age groups and there will be individual and team awards. To be eligible for any team awards, a school must have at least 5 runners in an age group event.

The format will be the following:

3:15 – 4:00 – Check in

4:00 – 4th grade and under, boys and girls – ½ mile race

4:10 – 5th and 6th grade, boys and girls – 1 mile race

4:20 – 7th and 8th grade, boys and girls – 1 ½ mile race

Team scoring will be based on a school's top 5 runners, plus next two displacers, following the standard high school cross country scoring method.

Awards: In each race, medals are awarded to the top three boys and top three girls. All others receive ribbons. Team plaques will be awarded to the top team in each race.

Entry fee: \$5.00 per participant or \$60 per school (note that a school may send as many athletes as they wish, and the fee will still only be \$60). Cash or checks accepted. If paying by check, please make payable to John Carroll. Race day entries accepted, however, if you have all your athletes' forms ahead of time, we would appreciate them sent early.

If your school is interested in participating, or if you have any questions, please email me at rtorres@johncarroll.org or call 443-922-7306. Also, please have all students participating and their parents fill out the information below.

Rob Torres – John Carroll Cross Country and Track Coach

Print Name: _____ Grade: _____

School: _____ Gender: _____

As a condition of my son or daughter's participation in the Patriot Middle and Elementary School Cross Country Invitational, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages for personal injury and otherwise, which I may have against the sponsors and agents thereof or any other groups of persons involved in the Patriot Middle and Elementary Cross Country Invitational, for any and all claims of liability. By my signature, I hereby acknowledge reading and understanding this clause. I certify that my son or daughter is in good health.

Signature of Parent or Guardian: _____ Date: _____