

Cross Country Running Season 2024

Hello Parents/Guardians,

We are writing to inform you that the cross-country running season starts up quickly at the beginning of the school year, with our first race scheduled for Saturday, September 21 at West Fraser Timber Park in Quesnel. If your child is interested in joining our team, please feel free to reach out to us. We have attached a draft schedule (subject to change) to the bottom of this letter. We are also looking for volunteers to help us with our Sep 21st race, and volunteer drivers to help get athletes to races. Below are the steps that must be taken to become a volunteer driver. Everything can be found on the QJS website under the Athletics tab, however if the website is down for upgrades feel free to contact us via email.

We plan to pre-order team hoodies in June so athletes can purchase these before our first race in September. The estimated cost is \$30. More details will be provided ASAP. We are also planning a parent information meeting in early September so we can outline pertinent details about our season, and answer questions you may have.

If you have any questions feel free to contact us at the below email addresses:

Coach:	Scott Trueman	email: ScottTrueman@sd28.bc.ca
Assistant Coach:	Ella Christieson	email: EllaChristieson@sd28.bc.ca

VOLUNTEER DRIVER INFORMATION

1) Refer to the QJS website under the *Athletics* top tab then click on *Volunteer Information* for detailed information. Many of our activities are dependent on volunteer drivers. To be able to volunteer with QJS, all volunteers must have a current criminal record check completed.

The Criminal record check is free of charge, and valid for five years.

To apply online please follow the link below:

<https://justice.gov.bc.ca/criminalrecordcheck>

Access code **HE2WQFBB7X**

Volunteer Driver information needs to be completed on a yearly basis. To complete this step, the school requires the following (see below). Please email HollyLevy@sd28.bc.ca (QJS secretary) when you have completed **ALL** 4 requirements:

- 1) A completed **Criminal Record Check** on file with the school district (this application is good for 5 years).
- 2) A completed **Drivers Abstract** - This is a printout of your current driving record. This can be obtained free of charge from the government building.
- 3) A completed **Volunteer Driver Application** form.
- 4) A copy of the **valid insurance** you have on the vehicle you would be driving for volunteering. What is required for minimum insurance coverage is listed on the **Volunteer Driver Application Form**.

North Central Zone High School X-Country

Schedule 2024-25

Draft #1

21-Sept 11:00am **West Fraser Timber Park in Quesnel**

(Saturday) Scott Trueman at Quesnel Jr. Sec 250-747-2103 – Grades 3 to 12
scotttrueman@sd28.bc.ca
Cost \$ 15.00 for each runner .

28-Sept 11:00am **NVSA Grounds in Vanderhoof**

(Saturday) Contact Brian Nemethy 250-567-5324
bnemethy@sd91.bc.ca
Cost \$ 15.00 for each student

5-Oct 11:00am **TBA In Prince George**

(Saturday) Contact is Ken Barwise Phone = 250-562-644
kbarwise@sd57.bc.ca
Cost \$ 15.00 for each student

19-Oct 9:30 am **Zone Championship at Fort St John at Charlie Lake**

(Saturday) Contact Jaclyn McNicol at 604-869-1645
jmnicol@prn.bc.ca

Cost TBA per student More details to follow in October

**** All runners taking part in the Zone Championship race, will have to run one local race in order to take part in the Zone Championship race. Race director, Jaclyn McNicol, will confirm this with local results from previous races during the fall of 2024.

2-Nov- 9:00am **BC High School XC Championships TBA**

(Saturday) Eric Wolf 250-782-6611 (h) ewolf@sd59.bc.ca

X-Country Organizing Members are:

Advisory Committee member (Zone Rep) for our Zone250-782-6611Eric Wolf

Schedule setup for PG area 250-567-5324.....Brian Nemethy

Schedule setup for Dawson Creek area 250-782-6611Eric Wolf

Provincial Bus Coordinator.....

Hotel accommodations for Provincials.....

Results Posting on web site.....250-782-6611Eric Wolf

Website for local results at:..... <http://ncentralxc.weebly.com/>

Provincial Web site<https://www.bcschoolsports.ca/commissions/cross-country>

Pictures from local races:? ...

Media person for local papers/TV?...

Anyone wishing to add another race for next season please contact Brian Nemethy.