

Grand Rapids Public Schools/Grand Rapids Track Club
Elementary School Cross Country Program

Registration for the Program

Program is free to all GRPS elementary students (Boys and Girls) in Grades K-5. Registration forms are due back to the elementary buildings by Sept. 10th. Admission to the fall elementary games will be free for all spectators.

Coaches:

If you are able to volunteer your time to help your child's team, please see your school principal. They need coaches, assistant coaches, and team parent volunteers. All volunteers must finish a volunteer form and NHFS online concussion training.

Meet Location:

All meets will be played at Northeast Field – 1400 Fuller Ave. NE Grand Rapids, MI 49505

Meet Dates:

Tuesday, September 24 – GRPS Elem. Meet #1 – 5:15 PM (400m – K-1, 800m –2-3 and 4-5)

Tuesday, October 1 – GRPS Elem. Meet #2 – 5:15 PM (400m – K-1, 800m –2-3 and 4-5)

Tuesday, October 8 – GRPS Championship Meet – 5:15 PM (400m – K-1, 800m - 2-3, 800m - 4-5)

Tuesday, October 15 - GRPS Elem. Meet #4 – 5:15 PM (400m – K-1, 800m - 2-3, 800m - 4-5)

Saturday, October 19 – 5th Annual Invitational – All Schools – 9:30 AM – NO TRANSPORTATION PROVIDED

Thursday, November 28 – GRPS Thanksgiving Day Mini-Trot at Van Andel Arena – All Schools - roughly 8:40am – NO TRANSPORTATION PROVIDED

Mileage/Running Clubs:

Mileage Clubs should be started either the week of September 9 or 16. Kids will receive toe tokens as awards as they run the mileage clubs as part of the “Feelin Good Mileage Club” program. Teachers can also discuss how reaching goals takes determination, dedication and discipline and how this relates to their academic achievement.

Awards/T-shirts:

A T-shirt will be given to each kid who participates in the cross country races. Awards will be given to the top ten boys and top ten girls in each event for each age division. Age divisions will be K-1, 2-3 and 4-5. At the championship meet plaques or trophies will be given out to the top team in each age division. The top five runners from each school in the 2-3 and 4-5 divisions will earn points. In the K-1 division the top three runners will earn points for their school.

Transportation:

Transportation to and from meets will be done through school buses (except for Saturday October 19 meet). One bus will cover two-three schools. Schools can also have parents car pool if that is determined to be easier.

Registration Form

Name: _____ School: _____ Grade: _____ Gender: _____

Parent email: _____ Shirt Size (circle): YS YM YL AS AM AL AXL

Phone: _____ Address: _____

Signature for Parent or Guardian: _____

Waiver: In consideration of your accepting my registration, I do hereby, for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages which I may or which may after accrue to me against the Grand Rapids Public Schools and Grand Rapids Track Club, its sponsors, agents, representatives, with entry or participation in the Track and Field Program. Photo Release: I give my consent to the use of photographs, video tapes, films and recordings of me for advertising, broadcast, or other uses by Grand Rapids Public Schools. In giving this consent, I release Grand Rapids Public Schools, their agents and assigns from any liability for any violation of any personal or property rights which I may have in connection with such materials, and waive my right to approve accompanying written or narrative material.

Please return registration forms to your elementary school by September 10

