



Deh Gáh Elementary & Secondary School

Fort Providence, NT, X0E 0L0

Phone (867) 699-3131

N.W.T CROSS-COUNTRY RUNNING CHAMPS FORT PROVIDENCE, N.T. ~ Friday, October 6th, 2023

The Community of Fort Providence and Deh Gáh Elementary & Secondary School will be hosting the 2023 N.W.T. X-Country Running Championships on **Friday, October 6, 2023**.

- **Registration is online this year.**
Please go to <https://forms.gle/HC2suUBvKAtmjZ458> to register. It is set up for coaches to register all the runners from their school at once. That said, runners can be added at a later date (up to October 4, 2023). Coaches would just have to re-enter the school's information on the first page.
- **The registration deadline is Tuesday, October 3, 2023 at 5:00pm.**
- **Races will begin at 1pm.** We hope to stay on time and have awards start immediately after the final race so that teams can travel home by 3:30.
- **A coaches meeting will be held at 11:30am.**
- **Registration cost is \$20.00/runner.**
- On race day, please bring a **signed waiver form** (see next page) for each runner.
- Out of town participants will stay at the Arena and will not have any access to the school. Food will be served at the Community Hall (next door to the Arena).
- Masks need to be worn at all times, besides for racing. Sanitation stations will be available at each location.
- There will be no group walk-through of the trails. Coaches can bring their own runners out on the trails to take a look at the routes before the race if they wish.
- Coaches will be instructed ahead of time to keep their runners in their bubbles and to follow all protocol.

The categories are as follows:

Born in ...	Category	Distances
2018	U6	1.0 km
2017, 2016	U8	1.5km
2015, 2014	U10	2 km
2013, 2012	U12	2 km
2011, 2010	U14	3.5 km
2009, 2008	U16	4.5 km
2007, 2006	U18	5 km
18 +	Senior	7 km

Any questions? Please contact Thorsten (thor@physicalliteracy.info) or call (867) 373-2101.



**N.W.T CROSS-COUNTRY RUNNING CHAMPS
FORT PROVIDENCE, N.T. ~ Friday, October 6, 2023**

REGISTRATION / WAIVER FORM

Coaches will need most of this information to register the runners online. They will then bring this form with them on race day to give to race officials.

Name: _____

School: _____

Date of Birth: _____

Healthcare Card #: _____

RELEASE CLAUSE

I here by release the Hamlet of Fort Providence and Deh Gáh School, their members or agents, and any person officially connected with the competition from any liability for any injuries or damages whatsoever arising from my participation in or presence at the N.W.T. Cross Country Running Champs.

Participant's signature

Signature of Legal Guardian if under 18

DATE