



## Deh Gáh Elementary & Secondary School

Fort Providence, NT, X0E 0L0

Phone (867) 699-3131

### NWT CROSS-COUNTRY RUN CHAMPIONSHIPS FORT PROVIDENCE, NT ~ Friday, September 27<sup>th</sup>, 2024

The Community of Fort Providence and Deh Gáh Elementary & Secondary School will be hosting the 2024 N.W.T. X-Country Running Championships on **Friday, September 27<sup>th</sup>, 2024**.

Please go to <https://forms.gle/Q2MxGBxt9e3j1ojQ8> to register or send the registration form to Andrew with the NT School Sport Association.

- **The registration deadline is September 20<sup>th</sup>, 2024 at 4pm.**
- **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.**
- The latest, on race day, please bring a **signed waiver form** (see next page) for each runner or provide them online through your registration.
- Out of town participants will stay at the Deh Gah School gym.
- Food will be served at the Deh Gah School kitchen.
- The walk-through of the trails will be right after the coaches meeting. Coaches can bring their runners out on the trails to take a look at the routes before the race if they wish.

The categories are as follows:

Born in ...	Category	Distances
2019	U6	1.0 km
2018, 2017	U8	1.5km
2016, 2015	U10	2 km
2014, 2013	U12	2 km
2012, 2011	U14	3.5 km
2010, 2009	U16	4.5 km
2008, 2007	U18	5 km
18 +	Senior	7 km

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



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**REGISTRATION FORM / WAIVER**

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