



# Mealy Mountain Collegiate



Box 492, Stn. C

Happy Valley-Goose Bay, NL

A0P 1C0

Telephone: 896-3366 Fax: 896-4684

**Principal: Ms. Paula Kelly**

**Vice-Principal: Mr. Rob Kennedy**

Congrats on making the SSNL XC Provincials! This notice is written to outline the events, information and various regulations that govern the Provincial tournament in Happy Valley- Goose Bay on November 3rd, 2018. MMC is home to the Hawks and is the 8-12 school in HV-GB.

**Event Information:** Event happens *November 3rd*. The run will be occurring in HV-GB at the 5 Wing Military Gym.

<b>SCHEDULE</b>	
<b>Saturday, November 3rd, 2018</b>	
10:00am -10:30am	Registration at 5 Wing Military Gym
10:30am-11:00am	Course Walk Through
11:00am-11:15am	Coaches Meeting
11:30am	Junior Boys (Grades 6-9) 4km
12:15pm	Junior Girls (Grades 6-9) 3km
12:45pm	Senior Girls (Grades 10-12) 4km
1:30pm	Senior Boys (Grades 10-12) 6km
5:30pm *AT MEALY MOUNTAIN COLLEGIATE (1 Voisey Drive)	Banquet and Presentation of Awards, Northern Games Competition

**Fees:**

<b>\$3.00</b>	<b>SSNL</b>
<b>\$2.00</b>	<b>Registration</b>
<b>\$10.00</b>	<b>Banquet</b>
<b>\$22.00</b>	<b>Athletic t-shirt</b>
<b>\$37.00</b>	<b>Total</b>

All fees and race packages (racing bibs, t-shirts and info) will be collected and distributed at the coaches meeting. Please make cheques out to Mealy Mountain Collegiate.

**Registration:**

- All Schools must register their school on the SSNL website and runners need to be registered with the host on the sheet below.
- Please complete the appropriate form attached and forward along by fax (709)896-4684 or email [stephenpike@nlesd.ca](mailto:stephenpike@nlesd.ca).

**Clothing:**

- Weather conditions in Labrador this time of the year are normally cold with possibility of snow/wet snow or rain ensure the runners are equipped with suitable clothing.

**Course:**

- Located at the *5 Wing Military Gym* on Centralia Road. This is the only building on that road. The military gym is located on the military base in HVGB. It will be a relatively flat 3 km loop all on pavement. It is 4.5 km from Hotel North two, about a 7 minute drive.
- Absolutely no food in the Military Base Gym. Water only. Change rooms and gym will be open those involved with the race. No wandering of the building. Make sure you clean your boots when you enter.

**Event Notes:**

- A maximum of 2 junior runners will be permitted to move up to senior to complete a senior team. No runner will be permitted to race in more than one event. Host team: will be allowed a maximum of 10 runners. The runners making up the team entry must be designated prior to the race.
- Please have your runners on site at least a half hour before posted start times. This will help to ensure that there are no delays and we will try to follow the schedule as much as possible.

**Accommodations:**

- We have a block of 10 rooms with double beds at the Hotel North Two for 145\$ a night. There are also a number of other hotels in the area, such as Hotel North One, Emma's Suites, and the Royal Inn and Suites. Hotel North Two is a 3 minute drive from the school and a 6 minute drive from the airport, it also has a Jungle Jim's in the hotel.

**Banquet:**

- Will be a barbeque with salads and a dessert. The banquet is being held at the school on 1 Voisey Drive in the cafeteria. Please have students prepared with appropriate clothing and willingness to try attitude to partake in Northern Games after the meal.

**Phone numbers:** Stephen Pike 740-6382 [stephenpike@nlesd.ca](mailto:stephenpike@nlesd.ca) Twitter: @PE\_stephenpike. School # 896-3366

Good luck to all the runners. Looking forward to a competitive and fun cross country provincial race!

**T-SHIRTS**

We are ordering T-shirts for the tournament that will be sold for \$20 taxes (tentative) included. It would be best if you pre-order your shirts as there will be no guarantee of acquiring one otherwise. *Please complete the following form and fax to (709)896-4684 or email to [stephenpike@nlesd.ca](mailto:stephenpike@nlesd.ca).*

School Name						
Teacher-Sponsor						
Student Name	Youth		Adult			
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