



Capitol Hill Elementary

350 S. Holdom Avenue, Burnaby, B.C. V5B 3V1
Phone: 604-296-9006
Capitolhill.info@burnabyschools.ca

September 2026

Dear Parents/Guardians,

Your child would like to join the cross-country team. This is a short season, starting September 15th and finishing October 15th.

Practices will be **Mondays from 3:00-3:45 pm and Tuesdays 8:10-8:45 am** with additional **practice October 8th from 3:00-3:40 pm**. We understand that your child may have a busy schedule, and we require students to attend only 1 practice session per week to be a part of our team. We encourage them to attend as many as possible to learn how to race safely and be part of the team. **Please inform us ahead of time if your child will not be attending practice.**

Practice meets are at Burnaby Lake Sports Complex East. The races begin at **3:30 pm on September 24th and October 1st**. The awards meet is being held on the same course on **October 15th** at 3:30 pm.

Track Meets:

Thursday, September 24th 3:30–5:30pm at Burnaby Lake Sports Complex East

Thursday, October 1st 3:30–5:30 pm at Burnaby Lake Sports Complex East

Awards meet: Thursday, October 15th 3:30-5:30 pm at Burnaby Lake Sports Complex East

Practices and meets will be held rain or shine, so students should dress appropriately. They should bring running shoes, water bottles, and snacks to every practice and event.

We are asking for parent volunteers to please drive students to/from Burnaby Lake Sports Complex East on our three meet days to allow us to participate. You are not required to remain on-site as a parent driver. We welcome families to cheer on their students at the meets.

Please fill out the form below and return it to Room 105 (Ms. Lopez) as soon as possible.

Respectfully,
Mrs. Hundle, Mr. Lai, Ms. Lopez

Cross Country Permission Form

I give permission for my child _____ to be a part of the Capitol Hill cross country team and to attend scheduled practices and meets.

Medical conditions or needs that may affect my child’s ability to participate in a running sport:

Can you help drive students to/from a meet?

September 24	YES / NO
October 1	YES / NO
October 15	YES / NO

How many can you drive (including your own child)? _____

Parent/Guardian Name (Please Print)	Phone	Email
-------------------------------------	-------	-------

Parent/Guardian Signature	Date
---------------------------	------

As a Capitol Hill student-athlete, I represent the Capitol Hill community. By joining the team, I agree to demonstrate our values of teamwork, respect, sportsmanship, and fairness at practices and meets.

Student-Athlete Signature	Date
---------------------------	------