



# Espanola High School

147 Spruce Street, Espanola, Ontario P5E 1R7 | Tel: 705.869.1590 | Fax: 705.675.0229

Marty Punkari, BSc., BEd  
Principal

Sheila Giroux, BSc., BEd  
Vice-Principal

September 21, 2009

Dear Cross Country Running Coach,

*Home of  
the Spartans*

The 2009 NSSSA Invitational Cross Country Meet and NSSSA Cross Country Running Championships will be held on Friday, October 16<sup>th</sup> and 23<sup>rd</sup> respectively at the Espanola Golf and Country Club.

The times for the NSSSA Invitational will be as follows:

10:00 - 10:30	Registration in the Clubhouse
10:30	Coaches Meeting
11:00	Senior Girls/Midget Boys
11:45	Junior Girls/Junior Boys
12:30	Midget Girls/Senior Boys

Entries for Pre-NSSSA are to be faxed to Espanola High School by 4 p.m. on Monday, October 12<sup>th</sup>. There will be no numbers for this race. Coaches are to have label stickers for each athlete (old style printout labels sized 1 x 2 inches are good), with their athletes name, school and age group identified on each sticker. (eg. Ron Smith, EHS, MB). If coaches do not have these, they will be provided at the registration table.

**Course:** All races are run primarily on cart paths made up of hard-packed dirt and grass, with stretches of gravel. The course is flat and fast with one steep climb and descent. JB and SB will be doing the climb and descent twice. Course maps will be sent to the schools as soon as they are finalized.

**Facilities:** The clubhouse will be open as will the washroom facilities and there are portable toilets on the golf course. There will be a barbecue set up with a limited supply of burgers, dogs and drinks and the like.

**Directions:** Turn right at the first set of lights in Espanola (Tudhope Street). Turn right at Spanish River Drive (the second intersection) and follow road into the parking lot of the golf course.

*For MSS and Wasse-Abin:* You will be turning left onto Tudhope Street at the last set of lights before leaving Espanola. Turn right at Spanish River Drive (the second intersection) and follow the road into the parking lot of the golf course.

**SPECIAL NOTE: We appreciate the Espanola Golf and Country Club for making their course available for our use and strongly urge all coaches to ask athletes to please keep off the greens. Thank you.**

I look forward to seeing you all there.

Dave Gallant