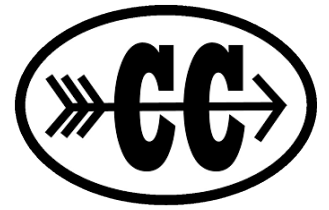




BHS Cross Country 2019

Update: Friday - 9/19/2019



Friday September 20th: Meet at Hampden Academy
Hampden Academy, 89 Western Ave, Hampden, ME

Transportation: 12:45pm dismissal, the bus will depart at 1:00pm
The bus will return to BHS after the meet.

Races: Girls race at 4:00 followed by the boys at 4:30

What to bring:

Clothing: *Please bring warm clothing* along with your team shirt.

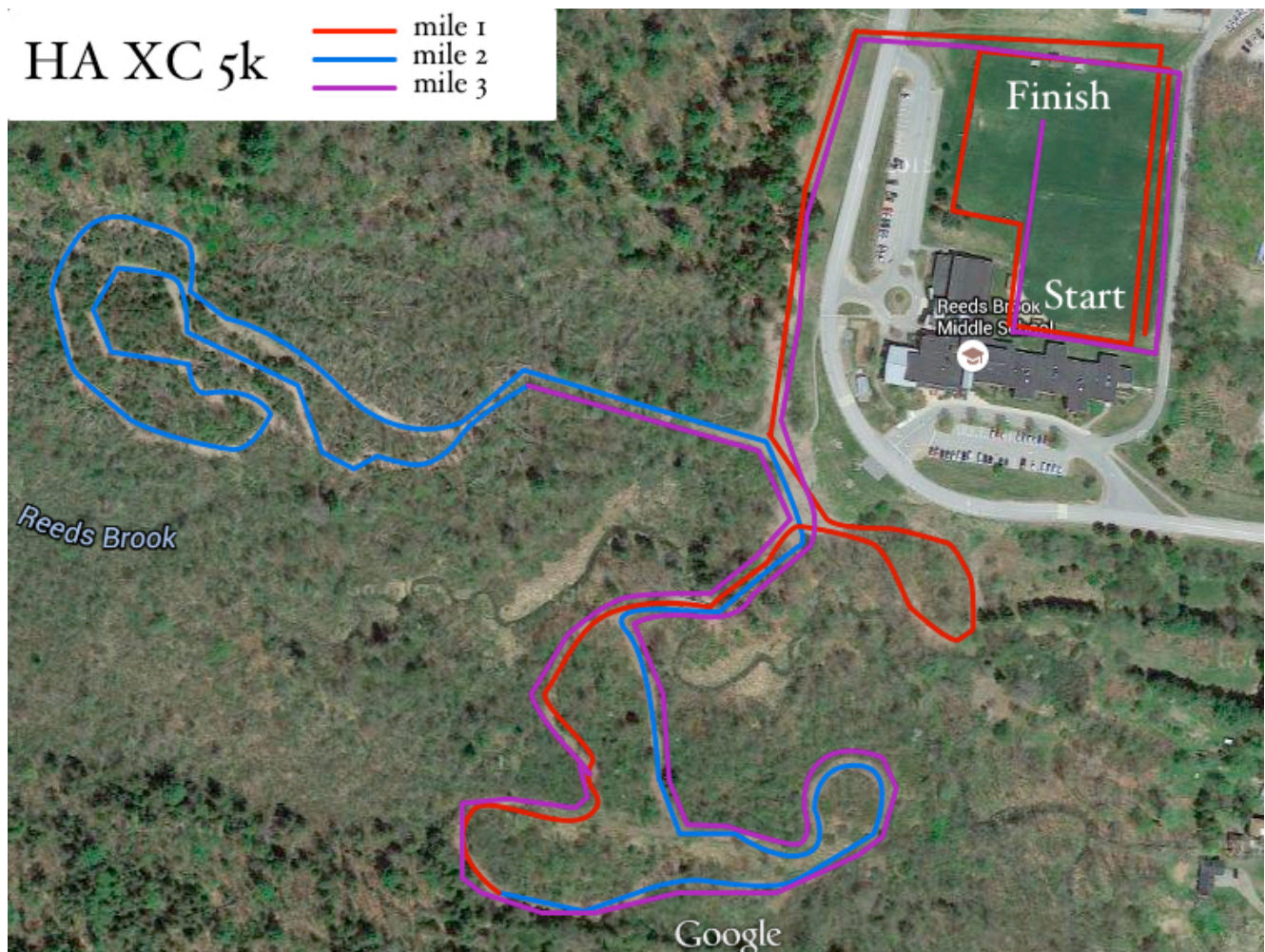
Food: Bring snacks and drinks for before and after the meet.

Riding Home with your parents: *Please fill out form on back of this sheet and give to Coaches at the meet.*

Next Practice Monday, September 23rd

HA XC 5k

- mile 1
- mile 2
- mile 3



**BRUNSWICK HIGH SCHOOL
TRAVEL RELEASE**

(DATE)

This is to certify that _____ has my
(student's name)

permission to ride (to - from - both) the _____
(event)

Athletic/Co-curricular event on _____ at _____
(date) (location)

I certify that I am personally transporting the above named student, or have arranged for transportation with an adult (non-student) of my choosing for this student.

The reason for not riding the bus is _____
_____ (reason must be sufficiently urgent to family needs to justify not riding the bus).

I understand that the Brunswick High School Athletic/Co-curricular Rules require that students ride the bus to and from all events and a departure from this requirement will release the Brunswick School Department from all liability with reference to the above stated transportation.

This form must be on file in the Athletic Office or Main Office prior to the dismissal of school or early dismissal of teams/clubs on the day of the event.

(signature of parent or guardian)

_____ approved - not approved
Coach/Advisor signature

_____ approved - not approved
Athletic Director/Assistant Principal signature