

Little Mountain Stomp 2022

Date: Tuesday May 3, 2022

Start Time: 11:00 a.m. (finish by approximately 2:00)

Place: Little Mountain Park

Grades: This event is intended for students in grades K-7, however...

- *Kindergarten students should attend with a parent/guardian.*
- *Grade 8's from small K-8 schools are also invited to attend this year!*

Parking: Please park at the Field of Dreams parking lot; there is space for 100 cars, and the overflow lot should be available. Parking attendants will be in the overflow parking lot to assist with parking. Parking is also available on the roadside on Okanagan Ave to the Tennis Courts. You may park at King's Christian School (church lot) and walk up the hill to the Field of Dreams.

PLEASE ... DO NOT USE Shuswap Middle or Fire Hall parking lots. Thank you.

Before you arrive:

- **Change at school, not in the washrooms at the Field House.**
- Pay attention to the weather and make sure your runners are dressed properly – hats are necessary in heat.
- Students should be expected to bring full water bottles. Water is not provided at the race.
- Additional items that may be needed are bug spray, sunglasses and warmer clothes if it is a cool day and for after the race. All runners must wear shoes.

When you arrive: Coaches, runners and parents should go to the area marked "Schools Zone" on the field map. Please bring your school banner to designate your area. Tents are to be set up along the fence only.

Upon arrival please remind your runners that they are to...

- Leave signs, ropes and trail markers alone.
- Report to the marshalling area (in center of field between light posts) before their race.
- Follow their coloured trail.
- Pick up their finish place ticket at the finish line and be registered as "returned".
- Report directly to their school recorder where they will receive their participant ribbon.

Concession: There will be a paid concession booth in the Field House. Items range in price from \$0.50 to \$2.00.

Kindergarten Students:

There will be a short run (500-600 meters) for Kindergarten Students - runners will always be in sight (leave field to run up the hill, back down and enter finish gate). **We are asking schools to encourage parents to meet their Kindergarten children at their schools scoring table and then to head home once they are finished. We will have the K's run early in the day. Please send this message home in your permission slips.**

Courses

Divisions are by Grade

Kindergarten	No colour/marshals 500 meters - Kindergarten – (2 nd and 3 rd race)
Grade 1/2	Blue Course 1.5km – (4 th and 5 th race)
Grade 3/4	Orange Course 2.0 km – (6 th and 7 th race)
Grade 5/6	Yellow Course 3.2 km – (8 th and 9 th race)
Grade 7/8	Pink Course 3.6 km – (combined- 1 st race)

Race order will be

- | | |
|-----------------|---|
| 1. Grade 7 & 8* | Boys and Girls together (8's only invited from small K-8 schools) |
| 2. Kindergarten | Likely together unless numbers dictate dividing |
| 3. Grades 1 & 2 | Boys first then Girls |
| 4. Grades 3 & 4 | Boys first then Girls |
| 5. Grades 5 & 6 | Boys will go first, then Girls. |

Finish Line/Ribbons: Each runner will receive Participant ribbons when they report to their school recorder. At the end of the day, ribbons will be awarded to the first six finishers. It is essential that each school provide two or more persons to record results for your school. Larger schools need more people.

Start and Finish Area: The start and finish areas will be on the Field of Dreams. There is to be no pacing by teachers and/or parents.

Marshalling Area: students should report to the marshalling area in the center of the field (between the light posts) in preparation for their race.

End of the Day: Please bring a garbage bag or two for your team's garbage and take it home with you. It will save the host schools a lot of work hauling it away.

Please keep your area clean. Also, we would appreciate your help with set up and tear down if possible.

Schools To-Do List:

1. **Complete the online registration form** by Friday April 29, 2022.
Link to registration form: <https://bit.ly/littlemountainstomp2022>

2. **Send registration fees** via cheque to Hillcrest Elementary School by Friday April 29, 2022. Registration fees are **\$1.00 per student to a maximum of \$25 per school**. Schools can use extra money collected to help pay for transportation.
3. **Find two or more parent volunteers** to sit at your school results table to hand out participation ribbons and record place results.
4. **Please bring a runners list** for your school results table so we can be sure all your runners have returned.
5. **Have a great day!**

Questions: Gord Ritchie phone: (250) 463-3802 email: gritchie@sd83.bc.ca