



# TRINIDAD & TOBAGO SECONDARY SCHOOLS' TRACK & FIELD ASSOCIATION

Sangre Grande Secondary School, Graham Trace Sangre Grande Website: [ttsstfa.com](http://ttsstfa.com).  
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**TO: PRINCIPALS, ZONAL CONVENORS AND TEACHERS IN CHARGE OF TRACK & FIELD, SECONDARY SCHOOLS' TRINIDAD & TOBAGO**  
**FROM: JOSEPH BREWSTER, PRESIDENT, TTSSTFA**  
**DATE: TUESDAY OCTOBER 08, 2019**  
**SUBJECT: CROSS COUNTRY RUN & HEALTH FAIR – GUIDELINES**

Dear Colleague

- The Annual 5KRun will be held on **Sunday December 01, 2019** from 3:00 p.m. starting at the **Couva East Secondary School**.
- Competitions will be on a school basis, **U13 and U15, U17 and O17** as well as teachers, Open and University categories.
- Students must not attain the ages above by December 2019.
- Birth dates **MUST** be checked and verified by the school principal
- Registration of athletes must be done on the appended prescribed form.
- A registration fee of @ \$20.00 per athlete and \$100.00 per school is necessary.
- All entries for the Cross Country must be submitted on or before **Monday November 25, 2019** preferably by email on a **word document** to: [ttsecondaryschools@gmail.com](mailto:ttsecondaryschools@gmail.com) or via hard copy to the Asst. Secretary, Mr. Andy Joseph at Moruga Secondary School.
- Competition Numbers will be provided on Race Day from 1.30pm with the submission of a copy/copies of the signed registration forms.
- Registration Fees will also be collected on Race Day at the venue. **Students will not be allowed to participate without these.**
- Please complete separate forms for males and females in each age group.

## INFO FOR ADDITIONAL CATEGORIES

- Fees for each category per person is \$40.00
- Teachers/Educators – open to all Secondary and Primary School Teachers and Administrators, also to anyone working in a school
- University students – open to all current University students – Must present University ID
- Public – open to everyone else including parents etc.

Registration for these categories can be completed on Race Day.

Please be guided by the above. We thank you for your usual cooperation.

**JOSEPH BREWSTER,**  
**PRESIDENT**  
**TTSSTFA**