

2019 CYO Cross Country (XC) Information

FIRST PRACTICE: Tuesday August 27, 6:00-7:00PM at Greenbury Point (See Map link: <https://binged.it/2oC6d89>)

PRACTICE INFORMATION

- **Schedule:** Tuesdays and Thursdays @ **Greenbury Point**
 - Meeting Location: ~1 mile past the Brigade Sports Center (BSC) near the pull up bars
 - There is a B-Ball court for stretching and many trails nearby to run off-road
 - All practices will be **6:00pm to 7:00pm** Tues and Thurs
- **Practice Overview:**
 - Warm up/Drills ~15 mins
 - Running Games ~30 mins
 - Warm Down/Drills ~ 15 mins

MEETS

- **Tentative Meet Schedule:**
 - September 8th Georgetown Visitation
 - September 15th Pallotti
 - September 22rd TBA
 - September 29th TBA
 - October 6th TBA
 - October 13th Franciscan Monastery
 - October 20th Villa Rosa ****Championships**

All meets are on Sunday with registration at 11:30am and races starting at 12:30pm (races usually take about 2 hours)

Age groups are 8U (1 mile race), 11U (2 mile race), and 14U (2 mile race)

- Qualifying age is participant's age on August 31, 2019
- There is a boys race and a girls race for each age group
- Runners must run in 2 meets to qualify for Championship

ELIGIBILITY

- Participants must be parishioners of either St Andrew by the Bay, St Mary's/St John Neumann, or St John the Evangelist
- Participants cannot be simultaneously participating in cross country with their high school team

REGISTRATION

- Cost is \$75.00 per runner which includes CYO registration fee, program supplies, and t-shirt (Note: no one will be turned away for inability to pay; contact Christine at christine@standrewbythebay.org for more information)
- Submit registration fee, registration form, and permission slip to SABB Parish Office (sorry, no online registration)