

CYO Cross Country (XC) Information

First Practice: Wed 22 Aug

Practice Schedule: Wednesday and Friday @ Broadneck Park @ 6:00pm to 7:00pm.

- after Oct 1: 5:30pm to 6:30pm.

Please note that we will shift practices ½ hour earlier Week of Oct 1st to account for shortening days

Practice location: Broadneck Park, 613 College Pkwy, Annapolis, MD 21409

Tentative MEET Schedule:

September 9 th	Georgetown Visitation
September 16 th	Pallotti
September 23 rd	Franciscan Monastery
September 30 th	TBA
October 7 th	Mary of Nazareth
October 14 th	TBA
October 21 st	Villa Rosa **Championships

All meets will be on Sunday with races starting at 12:30pm (races usually take about 2 hours)

Runners must run in 2 meets to qualify for Championship

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, 2018
- There is a boys race and a girls race for each age group

Eligibility:

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

Cost: \$85.00 per runner for the season (no one will be turned away for inability to pay; please contact Christine at christine@standrewbythebay.org for more information)

Practice Overview:

Warm up/Drills ~15 mins
Running Games ~30 mins
Warm Down/Drills ~ 15 mins