

CROSS COUNTRY

3rd-8th Grade

Cross Country offers students the opportunity to run on our beautiful campus. The course is a little over a mile long, and has runners traverse our fields and boardwalk. While the practices are non-competitive, we encourage runners to improve on their personal times.

Cross Country is open to interested students in Grades 3-8. Due to the amount of students on the roster, we have two practice days a week.



Tuesdays – Grades 4, 7, 8

Fridays – Grades 3, 5, 6



PRACTICE:

GRADES 4, 7, 8

Tuesday, September 19

Tuesday, September 26

Tuesday, October 3

Tuesday, October 10

Tuesday, October 17

Tuesday, October 24

No Practice October 31

GRADES 3, 5, 6

Friday, September 22

Friday, September 29

Friday, October 6

Friday, October 13

Friday, October 20

Friday, October 27

Friday, November 3

Students should dress appropriately for running and bring a water bottle. Pick up is at 3:15 in front of the bleachers near the baseball field.

At the end of the FALL season, runners are invited to participate in the Run for the Roses meet held on the first Sunday of November.

Spring season is strictly practice with no meets.