

## Cross Country 2017

Welcome to OLV Cross Country!! Below is a schedule of practices and Meets. We will do our best to stick to the schedule, weather permitting. Any changes will be posted on Facebook and announced at School. We will practice in the cemetery, unless otherwise noted. Practices usually last until approximately 45 minutes. We meet in the rear of the school parking lot by the cemetery fence and take the children to run on the paths in the Cemetery and return them to the parking lot for pick up. The Meets are 1.5 miles, through Cazenovia Park, on Mondays.

Monday, 9/18 is the Practice Meet for our League in Caz Park. This meet gives the children the opportunity to practice running the course, with approximately 150 other runners at the same time. Please meet at 4:00 in front of the Casino. Please make sure your child is dressed appropriately for the weather. We do run in rainy, cool conditions. Every child should have a water bottle, as well. Please make sure you are on time, as all runners need to be pinned before they line up to start. The races will begin at 4:30.

There is 1 additional Invitational Meet which is scheduled for the THURSDAY, October 19, 2017 in Delaware Park (Art Gallery side, NOT ZOO). WE WILL SIGN THE WHOLE TEAM UP FOR THIS MEET.

We completely understand if you cannot attend all of the meets. If you are going to be late or cannot make a Meet, please let us know. In order to qualify for the Championship Meet, you must run in at least 2 regular season meets (practice Meet and Delaware Park Meet do not count). Meets are generally finished by 5:30. We are looking forward to a great running season! If you have any questions or concerns, please contact us at 870-4398, 982-8602, or 675-5465.

Jeff and Jane Harrington

### SEASON SCHEDULE

Practice-Thursdays, September 7	6:15-7	Parking Lot/Cemetery
Saturday, 9/9	9:00-9:45	Parking Lot/Cemetery
Tues, 9/12 & Wed 9/13, Thurs 9/14	6-7:15	Parking Lot/Cemetery
Saturday, 9/16	9-9:45	Cazenovia Park Casino

#### **MEET (Practice) - Monday, September 18th**

#### **4:00- Caz Park**

Practice- Wed, 9/20	6:15-7	Parking Lot/Cemetery
Thursday, 9/21	6:15-7	Parking Lot/Cemetery

#### **MEET- Monday, September 25**

#### **4:00-Caz Park**

Practice- Wed, 9/27	6:15-7	Parking Lot/Cemetery
Thursday, 9/28	6:15-7	Parking Lot/Cemetery

#### **MEET- Monday, October 10/2**

#### **4:00- Caz Park**

Practice- Wed, 10/4	6:15-7	Parking Lot/Cemetery
Thursday, 10/5	6:15-7	Parking Lot/Cemetery

#### **MEET- TUESDAY, October 10**

#### **4:00- Caz Park**

Practice- Wed, 10/11	6:15-7	Parking Lot/Cemetery
Thursday, 10/12	6:15-7	Parking Lot/Cemetery

#### **MEET- Monday, October 16**

#### **4:00- Caz Park**

Practice- Wed, 10/18	6:15-7	Parking Lot/Cemetery
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#### **St. Joe's Meet-**

**Thursday, 10/19**

#### **4:00- Delaware Park**

#### **CHAMPIONSHIP MEET- Monday, 10/23**

#### **3:30 -Caz Park\*\*EARLY START**