

2017 Cathedral Cross Country

- Daily practice (3:30-4:30) begins on Monday, August 28. If you participate in other activities/sports, come to practice when you can.
- 2 Mile cross country meets will be at: **Seacrest Park - September 23**
Pioneers Park - September 30
Roper Park - October 7
- The race times are: 9:00 a.m. - 7th and 8th grade girls
9:30 a.m. - 7th and 8th grade boys
- **Girls need to be there by 8:30 and boys need to be there by 8:45**
- **Jerseys:** Checked out and returned at each meet. (wear over a shirt)
- **Shorts:** Please wear black or dark gray shorts for the races.
- Wear sweats for warm up.
- Eat a light breakfast at least 90 minutes before your race.
- If you have questions contact coach Ivanov at: Ivan-Ivanov@cclolinc.net
- More Information and Results can be found at:
<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=67343>