

Fall Cross Country Registration - 2009

Sign-up Now! Registration Due by: Aug 27th



St Dominic School *5th, 6th, 7th & 8th Grade* *Girls and Boys* **Cross Country**

Sign-up for Fall 2009 Cross Country Season

- Open participation for all St Dominic girls & boys going into 5th, 6th, 7th & 8th grade.
- \$20 Registration Fee - No Running Experience Necessary!
- Short Season!
- Get into shape for winter sports!
- Races (separate races for girls & boys):
 - 5th Graders – 1 mile - 6th Graders – 1 ½ miles
 - 7th Graders – 2 miles - 8th Graders - 2 miles
- Cross Country Meet Dates 2009 (Locations TBA): all meets held on Saturday mornings
 - September 5th, 12th, 19th, 26th & October 3rd
 - Individual and Team Awards given at each race.
- Team Practices: held on M, T & R - signed registration mandatory
 - 1st practice Mon., August 17th – 7:00–8:15 pm- Castaldo Park, Woodridge IL*
 - 8/18–Tues., 8/20–Thur. – 7:00–8:15 pm- Castaldo Park, Woodridge IL
 - (remainder of season): M, T & R. 5:00-6:30 pm Castaldo Park, Woodridge IL
- Team – Will be combined with St. Scholastica in Woodridge in order to compete on a team level
- Team T-Shirts Provided that each child keeps at the end of the season
- Send in Registration Form to School Attn: Cross Country Coordinator



* Castaldo Park is on 71st Street in Woodridge. Take Rte. 53 N to 71st and turn right (the only turn-in before 63rd). Park is 1/2 mile east on left

More Information? Contact

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