

Fall Cross Country Registration - 2011

Sign-up Now! Registration Due by: Aug 25th



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

Sign-up for Fall 2011 Cross Country Season

- Open participation for all St Dominic girls & boys going into 5th, 6th, 7th & 8th grade.
- \$35 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 2011 (Locations TBA): SPL meets held on Saturday mornings
 - SPL Meets-September 3rd, 10th, 17th, 24th & October 1st
 - Individual and Team Awards given at each race.
 - Additional Meets as scheduled.
- Team Practices: held on M, T & R - signed registration mandatory
 - 1st week practice Tuesday, Thursday., August 9, 11th – 5:15–6:45 pm- Castaldo Park, Woodridge IL*
 - (remainder of season): M, T & R. 5:15–6:45 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
- Register on Registration Day or 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

Ron Dzik – Cross Country Coordinator and Coach

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