

# CYO CROSS COUNTRY 2017



7-8 girls race start

## Are you ready for a challenge?

Holy Redeemer, St. Joseph, and St. Francis students, we need you! Whether you are an experienced runner or a complete beginner, we have a place for you. Come compete with kids from around the Archdiocese in 8-and-under, 9-11, and 12-14 age groups. 500+ kids come to race at every meet. If they can all do it, so can you. You might be our next league champion!



Season runs  
August through  
mid- October

6 Meets beginning  
September 10th

Compete for  
Individual and Team  
Championships!

8-and-unders race **1**  
**mile.** 9-11 and 12-14s  
race **2 miles.**

Most practices at  
Greenbelt Lake, meet  
behind St Hughs, 135  
Crescent Rd. 6:30pm  
M/W/F

**QUESTIONS OR TO  
REGISTER:**

Contact us!

Coach James Parsons

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USATF and NHSF  
Certified Coach