



SAN JOSE
CATHOLIC SCHOOL

2018 San Jose Catholic Cross Country

Tentative Practices are after school from 3-4:30.

Grades 7/8 will practice Monday and Friday

Grades 5/6 will practice Tuesday and Thursday

All runners must have a signed and notarized sports physical on copy to participate. **NO EXCEPTIONS.**

Race events this year will be broken up into two groups: Elite and Varsity

Elite: 7-10 runners for each gender, grades 5-8, must qualify in order to race in an elite race. All elite races are 1.5 miles. Week to week the students who run in elite will vary.

Varsity: Runners for each gender, grades 5-8, will run 1 mile. There will be opportunities each week to improve their times and work towards the goal of racing in at least 1 elite race.

Each student is required to have proper running shoes, non-cotton socks, running shorts and shirt. "No shoes, No service".

Runners cannot be registered after August 29, 2018. **NO EXCEPTIONS.**

Order of Events:

- Elite Girls - 1.5 miles
- Elite Boys- 1.5 miles
- Varsity Girls- 1 mile
- Varsity Boys- 1 mile