



St. Brigid/Our Lady of Hope Regional School
2017 Cross Country Information

Attention Middle Schoolers - Be part of our 7th Cross Country Season!

Practice takes place in the water park across from school on Tuesday and Thursday. Fifth graders are welcome to join our Middle School team at practices only (must be 6th - 8th grade to compete at meets.) Runners should be picked up in the back-parking lot at 4:15 pm. "After School" is available, please check with the school office for fees.

We compete in the Catholic Middle School Athletic Association Cross Country League. Meets take place after school in various parks in Suffolk and Nassau Counties. Typically, students leave class early (around 2:40 pm on meet days) to get changed into running clothes. Parents/families provide transportation to and from the meets. Usually we carpool in a few vehicles to the meet, family members meet us there to cheer us on, and then provide rides home.

Race distances vary from .0 mile to about 1.5 miles depending on the course at each park. Runners are encouraged to practice during the week with family members on their "non-practice" days and weekends.

StB/OLH uniform shirts are to be worn at meets. Runners should wear black shorts and/or black running tights/leggings/sweatpants when the weather gets cooler.

Cross Country fees will be determined near the end of the season once we receive a bill for league fees. Last year's fees totaled about \$35 per runner.

Looking forward to another FUN and FIT Cross Country season! Contact Coach Barbara Cooper ASAP if you are interested in joining: 5barbaracoopers@optonline.net.

Practice stars Thursday, September 7th
Bring a change of sport clothes and water
We will meet in the Gym