



## 2024 CYO CROSS COUNTRY FAQs

### **What is XC?**

The abbreviation for cross country

### **Who can participate in XC?**

1st-8th grade

### **How do I join XC?**

You must be registered. Go to [sttheresaathletics.org](http://sttheresaathletics.org) and you will find the registration form link at the top of the page.

### **When is the 2024 season?**

8/26-10/18

### **What are meets?**

Meets are the races.

1st & 2nd grades race half a mile.

3rd-8th grades run 1 mile.

### **Where and when are practices?**

Mon, Tues, Wed, and Thurs 4:30-5:30pm

Lake Temescal \*South Entrance\*

The kids sign in and meet their group on the grass for warm ups 4.30pm sharp!

### **Do I need to go to every practice?**

You need to attend at least 2 practices / week and are welcome to attend all four practices. If you are in a competitive sport which requires 3 practices/ week please talk to Eric Hernandez or Cassandra O'Gara for a modified XC plan.

### **Where do the kids run?**

The kids run at Lake Temescal on trails, paved paths and grass. Trail running shoes are highly recommended.

### **What if the caregiver is running late for pick up?**

If a parent/ caregiver isn't there at the end of practice, please have them contact Eric Hernandez (707) 287-1562 or Cassandra O'Gara (415) 505-2720.

**What do they wear?**

Shorts or leggings, t-shirt and running shoes (trail shoes recommended, try to wear-in the running shoes before the season).

**What do kids wear in the meet?**

Runners wear a white and red St. Theresa singlet (jersey) and red shorts (whatever shorts you want/ have). If you are new or have outgrown your old singlet and need a new one please email your order-size/age to [sttheresacrosscountry@gmail.com](mailto:sttheresacrosscountry@gmail.com) Please email as soon as possible as the first meet is just a few weeks out.

**When and where are the meets?**

Meets begin at 5:00 or 5:30pm. Arrive at 4pm for check in and warm ups.

Here is the current 2024 meet schedule:

Meet # 1 **WED 9/18** Quarry Lake Park, Union City

Meet # 2 **THURS 9/26** Joaquin Miller, Oakland

Meet # 3 **FRI 10/4** (Relay) Crown Beach, Alameda

Meet # 4 **THURS 10/10** Joaquin Miller, Oakland

Meet # 5 **FRI 10/18** (Championship meet) Crown Beach, Alameda

**Do the kids go with the coaches to the meets?**

No, parents need to arrange rides / carpools to the meets.

**What time are the meets?**

It is advised to go straight from school to get time to park, have a snack, use bathrooms, sign-in, walk the course and warm up with their age group.

**Do the kids race together?**

1st and 2nd girls then boys - .5 mile

3-5th girls then boys - 1 mile

6-8th girls then boys - 1 mile