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 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 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