

2025 St. Gregory's Fall Cross Country Team Information and Registration

If you are interested in participating on the St. Gregory Cross Country team this fall and are in 3rd grade or up, please complete the google form <https://forms.gle/ahbX4Go2EwFxErPh9> as soon as possible, but no later than **Thursday, August 28th (hard deadline!)**

The fee is \$75 for all athletes. Fees will be collected through FACTS.

Practice starts on Wednesday, August 20th. We will practice on Mondays and Wednesdays right after school. Students should be picked up at 4:15pm by the soccer field.

We will need Virtus trained volunteers to assist with practice – supervising kids in cafeteria and escorting them to the field as well as helping with bathroom breaks during practice.

The Tidewater Catholic Independent Running League meet schedule is as follows:

- September 5th @ Bells Mill Park
- September 10th @ Mount Trashmore
- September 26th @ Bells Mill Park
- October 3rd @ Bells Mill Park
- Championship November 3rd at Catholic High

There are opportunities for middle school runners only to compete in the following races:

- August 28th @ Norfolk Academy
- September 24th @ Norfolk Academy
- October 22nd @ Bells Mill Park

There are no tryouts as we welcome everyone. However, if your child shows no interest in running, they may be cut from the team.

Please refer any questions to Morgan Wise, email: mscott006@yahoo.com