

It's time for Fall Shamrock Cross Country! This is a great sport for EVERYONE in grades 4 - 8. We have a wonderful coach, Mr. Tim Foley. Please read on for all the details. Contact Mr. Foley at tpfoley@wayne.edu with questions.

What is Cross Country

Cross Country is a foot race where runners compete on courses of natural terrain consisting of grass, dirt, trails, etc. Race distances are 2 miles for Varsity runners and 1.2 miles for Junior Varsity runners. Cross Country provides a unique experience for participants as it is as much an individual activity as a team one. Each runner must challenge him or herself to achieve goals. Single results affect the team outcome as every runner matters - the cumulative lowest team score wins.

Eligibility

All 4th through 8th grade students, both boys and girls.

Practice Information

Practices are held Monday, Tuesday, Wednesday after school (week 5 Tues, Wed, Thu). We will gather in the playground area, commence as soon as possible (3:45) and conclude by 5:00. All practices are held within one mile of school. Depending on the workout schedule, locations will vary: [Dean Savage Park](#), [West Riverfront Park](#), [Porter St. pedestrian over-pass](#), [Bagley & 14th](#). At no time are the children without adult supervision.

Practices have begun and will resume on Monday, September 10.

Equipment

Runners should dress appropriately. Running shorts/t-shirts/athletic wear. Please be mindful of weather changes and provide necessary gear for your runner. It is advised that team members wear "running shoes" for practices and meets. It is not necessary to purchase running spikes for meets, but is allowable.

Uniforms

Uniforms will be distributed at practice.

Registration Information

Registration is online only at <https://mhtdetroit.org/school/athletics/>. There is a \$25 per family fee. REGISTRATION IS REQUIRED!

Meet Schedule

Week 1: BYE week

Week 2: DC to host at Willow Metropark, Thursday, September 13, 6:00 JV, 6:20 Varsity

- Match ups: SMA / UDJ; OLV / DC; OLGC / PAT; SPX / MHT; ASCS / FAB; SFC - BYE

Week 3: St. Michael the Archangel to host at Cass Benton, Thursday, September 20th, 6:00 JV, 6:20 Varsity

- Match ups: UDJ / OLV; SMA / PAT; DC / OLGC; SPX / FAB; MHT / SFC; ASCS - BYE

Week 4:

St. Patrick's Brighton host; Monday, September 24th - C-Division Only at Huron Meadows 6:00 JV, 6:20 Varsity

- Match ups: UDJ / OLGC; OLV / SMA; PAT / DC

St. Pius X host; Thursday, September 27th, D-Division Only at Young Patriots Park, 6:00 JV, 6:20 Varsity

- Match ups: FAB / MHT; SFC / ASCS; SPX - BYE

Week 5: OLV host; Friday, October 5, Cass Benton, 6:00 JV, 6:20 Varsity

- Match ups: OLGC / OLV; SMA / DC; PAT / UDJ; SFC / SPX; MHT / ASCS; FAB - BYE

Week 6:

October 13th, CYO CHAMPIONSHIP. Time TBD, Location TBD

- Recommendations include changing venue. Willow Metro Park is available