

Calling All Interested 6th- 8th Grade Runners!

Central Catholic Junior High Cross Country Running – Fall 2020



What is Cross Country Running? Cross Country (XC) is a competitive team running sport. Junior High runners race a distance of 3 kilometers (1.86 miles).

Course terrain varies: grassy fields, wooded paths, may be flat, hilly or both. Conditions may be dry, wet, possibly even muddy on occasion!

Competitions range in size from dual meets (two schools), up to invitational meets (several schools)!

How is a Competition Scored? A great thing about XC is that everyone competes in every competition!

A team score is the sum of the first five runner's individual finish places. The lowest team score wins. Runners 6 and 7 can displace opponents, driving opposing teams to a higher score.

How long does it take to complete a race?

Completion times vary. Runners generally complete the distance in 11 – 25 minutes.

How many competitions will we participate in?

We generally race in 8 – 10 meets per season.

How much running will we do? Weekly mileage volume ranges from 8 – 15 miles/week, depending upon where we are in the season training cycle.

What equipment do I need? Moisture wicking short sleeve shirt or singlet, running shorts, and a pair of running shoes in good condition are highly recommended. Race shirt provided by CC. We'll talk more about this during the season. Feel free to ask the coaches, if you have any questions!

Our Running Philosophy

Sportsmanship, commitment, humility, teamwork, FUN! These are the foundation of all our efforts.

We strive to inspire a passion for running. A run probably won't change your life but running will!

We foster a positive environment for our runners. Everyone is an important contributor!

Important Dates

Summer training: Optional but participation is strongly encouraged. Due to the pandemic situation this year, the schedule is still being determined.

Season: Late Aug through end of Sep 2020

How do I join the team?

All, fall 2020, 6th graders from St Boniface, St Lawrence, and 7th, 8th graders from Central Catholic Jr High in good academic standing are eligible!

We're excited to have you run with us! Please reach out to me if you're interested and if you have any questions (call, text, email).

Scott Orr

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