



## 2019 ST. LUKE CYO CROSS COUNTRY



St. Luke Parish and School has developed a competitive and enjoyable CYO cross country program over the past four years. The beginning of the cross country season coincides with the beginning of the school year which has created some confusion in the past. So, we want to get the word out early so families and volunteers can begin to plan for a successful launch.

**Who:** 3<sup>rd</sup> to 8<sup>th</sup> Graders

**What:** Cross Country fun for everyone!

**When:** Typically, there are two developmental meets and one championship meet.

- CYO Developmental Meet #1: September 24<sup>th</sup>
- St. Luke Wildcat 5k: September 28<sup>th</sup>
- CYO Developmental Meet #2: October 26<sup>th</sup>
- CYO Championship Meet: November 2<sup>nd</sup>

There will be one practice per week on Friday afternoons from 3:15pm to 4pm. While meets are not required, we expect runners to make their best efforts to attend, especially the St. Luke Wildcat 5k.

**Where:** Practices will be held at Saint Luke. Please meet in front of the school. Meets are held at various locations throughout the diocese.

**How:** Arlington Diocese uses a centralized website for all CYO Sports Registration.  
<https://reg.sportspilot.com/106551/login>

**Cost:** \$25 per runner. This will include a t-shirt.

### Registration Instructions:

- Log Into Your Existing Account/Create a new account
- Add a family member, specifically your child(ren)
- Begin Registration
- Select Child You Wish to Register
- Select NVJCYO – Fall- Cross Country - 2019

### Registration Tips: You will need the following information:

- Emergency Contact Information, T-Shirt Size, Health Provider and Insurance Information
- Credit Card information

Questions: please direct questions to volunteer coach Jen Staloch at [jawalias@gmail.com](mailto:jawalias@gmail.com)