

2016 Nativity Cross Country Season

Practice Schedule

Fridays 3 – 4:30 p.m.

Sundays 8:30 – 10 a.m.

Chestnut Ridge Park Casino at top of hill

Coaches

Chris Herzog: cmherzog@hotmail.com or 716-445-5042

Dan Gradwell: dgradwell72@gmail.com

Rich Geisler: rlgeisler1@yahoo.com

Note: Parents & Athletes please direct any questions or concerns to Coach Chris Herzog via email, call or text

September Practice Schedule: Runners, please bring a water bottle to every practice!

Friday, September 9

Sunday, September 11

Friday, September 16

Sunday, September 18

Friday, September 23

Sunday, September 25

Friday, September 30

October Practice Schedule: Runners, please bring a water bottle to every practice!

Sunday, October 2

Friday, October 7

Sunday, October 9

Friday, October 14

Sunday, October 16

Friday, October 21

Sunday, October 23

Important Meet Notes: Runners, please bring a water bottle to every meet!

Meets will be held on Mondays at Cazenovia Park in South Buffalo beginning at 4:30 (Races alternate each week between boys & girls start times, i.e. **in Week #1, Boys race at 4:30 p.m., Girls at 5 p.m., Week #2 Girls at 4:30 p.m., Boys at 5 p.m.**).

Each runner must compete in and complete 2 of the 4 Official League Meets in order to be ELIGIBLE for Championships on Monday, October 24th. No qualifying times required. Athletes must be at Caz Park no later than 3:40 p.m. on race days so our runners can warm up properly and have race tags pinned on their uniforms. In case of inclement weather resulting in a cancellation in any of the weekly official meets, our season will be based on a three-week Official League Meet Schedule in lieu of four weeks.

Meet Schedule

Monday, September 19: Practice meet only. Course run-through, no times recorded

Monday, September 26: Meet 1

Monday, October 3: Meet 2

Tuesday, October 11: Meet 3 (shifted a day for Columbus Day)

Monday, October 17: Meet 4

Monday, October 24: Season Championship Meet (race start half hour earlier at 4 p.m.). Pizza party & awards ceremony following