

STS Cross Country

2019 Season



Practices

Practices are held every Wednesday and Friday from 5:30 – 6:45 at Deer Grove East located at the Northwest corner of Dundee Rd and Hicks Rd

All students from grades 5th – 8th are welcome and encouraged to join the St. Theresa cross country team!

Meets

Regular season meets are schedules for:

<u>Time</u>	<u>Location</u>
September 3 rd @ 4:30	411 N Wheeling Rd Prospect Heights
September 9 th @ 4:30	Deer Grove East
September 16 th @ 4:30	TBA
September 23 rd @ 4:30	TBA
September 28 th @ 8:30 am (Conference)	TBA

The first practice will be held on 8/23 from 5:30 – 6:45. An informational meeting will be held at 5:20 beforehand.

Please register online through the [STS Athletics Website](#). Please contact the athletic director for any questions or concerns.

The top 7 runners from the boys and girls will run in the sectional meet to qualify for state.

October 12 th (Sectionals)	TBA
October 19 th (State)	Maxwell Park, Peoria, IL

