



**St. Dominic School Cross Country Team  
Sign Ups & Practice**

**Team open to all students grades K-8**

**Date: Thursday September 8<sup>th</sup>**

**Time: 2:45pm – 4pm**

**Place: St. Dominic Sports Field (rain location: in the gym)**

**Basic Team Information:**

<b>Pee Wee</b>	<b>Grades K-1</b>	<b>Run 500 meters</b>
	<b>Grades 2-3</b>	<b>Run 800 meters</b>
<b>Junior</b>	<b>Grades 4-6</b>	<b>Run 1 mile</b>
<b>Senior</b>	<b>Grades 7-8</b>	<b>Run 1.5 miles</b>

**All Grades Practice at St. Dominic School Sports Field**

**Dismissal to 4pm**

**\*Monday Practices for grades 4-8 only**

**\*Thursday Practices for K-8 (grades K-3 may wear gym uniforms)**

**Meets are held on Sunday mornings at  
Ocean County Park**

**\*\*\* ALL REGISTRATION PAPERWORK, PHYSICAL  
FORMS & PARTICIPATION FEE MUST BE  
SUBMITTED IN ORDER FOR CHILDREN TO  
PARTICIPATE. \*\*\***

**For more information contact:**

**Amy Valanzola 732-259-9899**

**Email: [stdomsvc@gmail.com](mailto:stdomsvc@gmail.com)**

**To download registration forms go to:**

**<http://stdomschool.org/StudentLife> -> Blue Jay Sports ->  
Athletic Forms**