

St. Michael's 2016 Junior & Cadet Cross Country Schedule

Day	Date	Races/Events	Meet Location	Arrival Time	WHICH TEAMS
Saturday	8/20/16	Junior High Beach Party & Movie	Coach Perkins' House	6:00 PM	Juniors
Saturday	8/27/16	Panther Run To Fun Invitational	Sandusky, OH	9:30 AM	*Juniors & Cadets
Thursday	9/1/16	St. Mike's Practice Race	TBA	5:30 PM	Cadets, Minors, Peewees
Saturday	9/3/16	Columbus Grove Invitational	Columbus Grove, OH	10:00 AM	Juniors Only
Saturday	9/10/16	Carter Park CYO Meet	Bowling Green	8:00 AM	Juniors, Cadets, Minors, Peewees
Thursday	9/15/16	Riverdale CC Invitational	Mount Blanchard	4:00 PM	Juniors & Cadets
Saturday	9/17/16	Maumee Bay CYO Meet	Maumee Bay State Park	8:00 AM	Juniors, Cadets, Minors, Peewees
Thursday	9/22/16	Upper Sandusky Elks Invitational	Upper Sandusky, OH	4:00 PM	Juniors & Cadets
Saturday	9/24/16	CYO Complex	Toledo, OH	8:00 AM	Juniors, Cadets, Minors, Peewees
Saturday	10/1/16	UT Com Tech Campus CYO Meet	Toledo, OH	8:00 AM	Juniors, Cadets, Minors, Peewees
Saturday	10/8/16	Diocesan CYO Championships	Maumee Bay State Park	8:00 AM	Juniors, Cadets, Minors, Peewees
Sunday	10/23/16	Ohio CC Middle School State Championship	Westerville, OH	TBA	Juniors & Cadets

**Panther Invitational on 8/27/16 –There will be a 1-mile elementary race for 6th grade and under that starts at 11:30 a.m. for Cadet runners and any younger runners who are interested. \$2.00 entry fee for elementary race (follows junior high race). **Discounted Cedar Point tickets will be available at booth on race day for anyone interested in making a day of it.*

Coaches Rules:

1. Water bottle to all practices and races...no exceptions.
2. Remember that you are representing St. Michael's – Respect and good sportsmanship are to be conducted at all times.
3. Runners are to be respectful of our other team members..abilities differ.
4. If you can't make a practice or a race, please let one of the coaches know.
5. Practice is a time to learn and run. RUNNING is what we expect to happen.
6. Have fun and run...the rest will take care of itself.

Head Coaches:

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