YOUTH CROSS COUNTRY AT THE BERKELEY HEIGHTS PAL

Youth cross country is a co-ed sports program for boys and girls grades 2nd to 8th grade. The running program is designed to provide the opportunity to engage in a pre-competitive, instructional program in which children run on an open air course over natural terrain. The course may include a mix of woodlands, open country, hills, and flat ground. Emphasis is on building stamina, pacing and overall running fundamentals.

FALL Cross Country training program begins Monday August 17th and runs through November. All children will compete in USATF sponsored events and participate in the USATF State Junior Olympic Cross Country Championships in November**. Cross Country is very challenging and it's highly recommended** that runners be preconditioned to run 20 minutes without walking before the **first training date**. (See suggested **beginners program** on team websitehttp://www.wolfpacktc.org/Default.aspx?tabid=553871).

RACING EVENTS

CROSS COUNTRY (Distance / Age):

- 2K (1.24 miles) 7-8 years old
- 3K (1.86 miles) 9-12 years old
- 4K (2.49 miles) 13-14 years old

- **REGISTRATION FEE: $165.00** for Berkeley Heights and Mountainside residents, and **$195.00** fee for out of town residents covers meet entry fees (except where indicated), special t-shirt, end of season party, equipment and administrative costs.
- **USATF MEMBERSHIP: : Register with the USATF http://www.usatfnj.org and Enter USATF CLUB NUMBER: 07-1089 WolfPack Track Club and Submit Birth certificates (e-mail copy to services@usatfnj.org)**
- **MEET SCHEDULE:** published in the **WolfPack Track Club** (www.wolfpacktc.org) website team calendar.
- **WHERE WE PRACTICE**: Watchung Reservation, Governor Livingston H.S. and Columbia Park.
  - **PRE-SEASON (August-September):** Monday, Wednesday 5:45pm-7:30pm and Friday 5:45pm-6:45pm
  - **IN-SEASON (October-November)** Monday, Wednesday 5:30pm-7:15pm and Friday 5:30pm-6:30pm.
    NOTE: Hours subject to change due to delight hours.
- **PRACTICE DESCRIPTION**: A typical practice starts with 20-30 minutes of warm-up drills and exercises, 20-50 minutes of running, and another 20-30 minutes of exercises and stretches.
- **UNIFORM ORDERS**: **singlet/shorts** $70 (required) and **warm-ups** $135 (optional purchase) for an additional cost; returning athletes can use existing uniform. Uniform orders will be announced via e-mail to all registrants.