



## OLOH Fall Cross Country 2024



### Eligibility:

- All Grades 8 and under may participate, although official CYO events are only for 3<sup>rd</sup> through 8<sup>th</sup>. 2<sup>nd</sup> graders are invited to most CYO meets on an “exhibition” level. ALL grades including Kindergarten and 1<sup>st</sup> may practice and compete in the non-CYO races as listed below.
- Crusaders must attend Our Lady of Hope Catholic School, or be parishioners in good standing and enrolled in the CCD program. (We also offer reciprocity to Christ the Redeemer, St. Teresa, St. John and St. Catherine.) Those in a recognized Catholic home school program who are members of any of the above Parishes are also eligible.

**Cost:** \$45 per participant, max \$80 per family (cash or check payable to "Our Lady of Hope CYO".)

**Foul Weather:** In the event of bad weather, we will move inside to OLOH gymnasium. We should never cancel.

For more info: Coach Bob Hughes: [bobbyh983@yahoo.com](mailto:bobbyh983@yahoo.com)

Also, see our Facebook page: <https://www.facebook.com/groups/334874912894/?fref=ts>



## Our Lady of Hope Fall 2024 Cross Country Schedule

Day	Date	Start Time	Event	Location	Grades
Sunday	Sep. 8	9:00-10:00 AM	Practice	Algonkian Park	K-8
Sunday	Sep. 15	9:00-10:00 AM	Practice	Algonkian Park	K-8
Sunday	Sep. 22	9:00-10:00 AM	Practice	Algonkian Park	K-8
Saturday	Sep. 28	8:30 -11:30 AM	CYO Development Meet	Laurel Hill Park, Lorton	2-8
Sunday	Oct. 6	1:40-4:00 PM	FPYC Peter Banks Meet #1	Van Dyck Park, Fairfax	K-8
Saturday	Oct. 12	8:30-11:30 AM	CYO Development Meet #2	Lee Park, Franconia	2-8
Saturday	Oct. 19	7:30 AM-Noon Noon-5:30 PM	CYO Fall Track & Field Classic (Back-to-Back Meets)	Bishop O'Connell HS	6-8 3-5
Sunday	Oct. 20	1:40-4:00 PM	FPYC Providence Meet #2 (End of Season for K-2)	Providence Park, Fairfax	K-8
Saturday	Oct. 26	11:00 AM-2:00 PM	CYO CC Championships	Ft. Hunt National Park	3-8