



Catholic Youth Organization
A Division of
Catholic Charities Community Services
1011 First Avenue, 6th FL
New York, NY 10022
Phone: 212-371-1000
www.cyony.org

CYO2018 Fall Cross-Country (XC) Season
Registration is now OPEN!

The Catholic Youth Organization (CYO) Cross-Country parish & school program continues to grow each year with the participation of new schools as well as many unattached athletes and dedicated volunteers. The Cross-Country program is a quality program which maintains the CYO's mission maintaining integrity, fair play and the right of all individuals to participate as well as offering young people the opportunity to develop moral standards. The program and its participants emphasize that winning is measured by enthusiasm, hard work, good sportsmanship, improved form and community building.

Please contact Olga Lee-Kong at oleekong@gmail.com or by calling 646-228-7346 for additional assistance to start your parish or school team. More detail can be found on the website at www.cyony.org

1. What is the CYO Cross-Country Parish/School Program?

The CYO Cross-Country Program is a competitive program offering all children in grades Kindergarten through 8th grade exposure to cross-country running. Races consist of 400 meter runs for grades K-2, 1500 meter runs for grades 3-5, and 2000 meter runs for grades 6-8. The entire season consists of approximately eight (8) meets, including several invitationals and a clinic.

2. Want to start a Cross-Country Program?

Wonderful! Let's work together to get it started. Starting a Cross-Country Program is not as difficult as it may sound. First, speak with your school's principal to discuss the possibility of starting a Cross-Country program. Secondly, identify someone who may want to be your team coach. Thirdly, identify how many children want to participate. Please contact Olga Lee-Kong at oleekong@gmail.com or by calling 646-228-7346 for additional assistance.

3. My school doesn't have a Cross-Country Program?

Not to worry! Your school doesn't have to have a Cross-Country Program in order for your child to run. You can sign up as an "unattached" athlete by registering on the CYO website (www.cyony.org). If you are concerned your child will not receive adequate training to compete as an "unattached" athlete, don't worry. They are welcome to warm-up with the CYONY Track Club team and receive guidance from the Club team staff on competition days or you can sign your athlete up with the CYO Club Team by going on the CYO website.

4. How can I join the Cross-Country Program?

Joining the program is SIMPLE. If you are interested in joining go onto the CYO website (www.cyony.org), select Cross-Country> Upstate Cross-Country and click on REGISTER.

5. Eligibility:

Open to ANY child in grades Kindergarten – 8th grade in public, private or home school.

Tentative Fall Schedule (times/locations subject to change): Next Page

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2018 CYO Track Season Events				
Day	Date	Event	Location	Grades/Times
Sunday	9/9/2018	 Social Impact (XC) Season Kick Off DJ, Food, Awards! Register on www.cyony.org	Iona Prep High School New Rochelle, NY	All 12:00-3:00 PM
Saturday	9/15/2018	CYO Endless Summer	Van Cortlandt Park Bronx, NY	(K-2) 3:00 PM (3-5) 3:05 PM (6-8) 3:15 PM
Saturday	9/22/2018	CYO Indian Summer <i>(CYO Community Service Day)</i>	Van Cortlandt Park Bronx, NY	(K-2) 11:15 AM (3-5) 11:20 AM (6-8) 11:35 AM
Sunday	9/23/2018	XC Clinic hosted by Dan Doherty	Pearl River MS Pearl River, NY	ALL 4:00 PM
Thursday	9/27/2018	CYO Fall Foliage Classic	Van Cortlandt Park Bronx, NY	(6-8) 4:15 PM (K-2) 4:17 PM (3-5) 4:27 PM
Sunday	9/30/2018	CYO XC Family Day	Villa Maria Academy, Bronx, NY	(K-2) 1:00 PM (3-5) 1:15 PM (6-8) 1:30 PM
Thursday	10/4/2018	CYO Columbus Day Invitational	Van Cortlandt Park Bronx, NY	(6-8) 4:20 PM (K-2) 4:22 PM (3-5) 4:30 PM
Sunday	10/14/2018	CYO / Rockland County Invitational	Pearl River MS Pearl River, NY	(K-2) 4:00 PM (3-5) 4:15 PM (6-8) 4:30 PM
Saturday	10/21/2018	CYO XC Carnival	Bowdoin Park Wappinger Falls, NY	TBD
Saturday	10/27/2018	CYO Upstate XC Championships	Van Cortlandt Park Bronx, NY	Boys: K-2, 400, 9:00am Girls: K-2, 400, 9:05am Boys: 3-5, 1500, 9:10am Girls: 3-5, 1500, 9:20am Boys: 6-8, 2000, 9:30am Girls: 6-8, 2000, 9:40am
Saturday	11/3/2018	CYO Archdiocese of NY XC Championship	Van Cortlandt Park Bronx, NY	<u>Tentative Timeline:</u> Coaches pick up their teams' packets (11 am) *Course walk and warm ups (11am-11:45am) K-2 Boys: 400m, 12:30 pm K-2 Girls: 400m, 12:35 pm 3-5 Boys: 1500m, 12:40 pm 3-5 Girls: 1500m, 12:50 pm 6-8 Boys: 2000m, 1:00 pm 6-8 Girls: 2000m, 1:10 pm Scoring/Awards: (Approx 1:30 pm)

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