

Seton Cross Country 2024

Who? Anyone who has the willingness to work hard can make the team. Everyone on the team participates.

What? Cross Country is competitive distance running; races are 3.1 miles.

When? Summer conditioning begins Monday, June 3rd 2024. The racing season begins in mid-August. The season runs until late October/early November.

Where? Cross Country races are run mostly on grass, and on dirt and mulch trails.

Some Important Summer 2024 Dates:

Monday, June 3rd: Start of summer conditioning. We will meet Monday, Tuesday, Thursday, Friday, and Saturday every week at 7am (schedule subject to change). We will meet at various locations and parks around the westside and city. Locations will be emailed a week ahead of time.

Tuesday, July 30th-Thursday, August 1st: Team retreat/camp at the Jesuit Retreat Center in Milford. Your attendance is encouraged, but not mandatory.

Monday, August 5th: Start of mandatory practice.

For more information, contact Greg Dickman (dickmangr@elderhs.net) or Nick Merk (merkkn@setoncincinnati.org).

