

Seton Cross Country 2025

2024 GGCL Open, JV, and V Champions

Goals of the Seton Distance Running Program:

- Use running to grow closer to God, teammates, and self
- Continue to be a dominant team in the GGCL, district, region, and state

Who:

- Anyone willing to work hard can make the team. Everyone on the team participates in regular season meets.
- Tryout Standard:
 - o 2 miles under 20:00
 - o Ability to run 5 miles without stopping

When:

- **Summer conditioning** begins Monday, June 9th 2025.
 - o We will meet Monday, Tuesday, Thursday, Friday, and Saturday every week at 7am (schedule subject to change). Practice locations will be emailed a week ahead of time in a weekly email.
- **Tryouts:** Friday, August 1st @ 7:00 am and Saturday August 2nd @ 7:00 am
- **Mandatory Practices** will be Monday-Friday starting Friday, August 1st (plus Saturday, August 2nd)
- The racing season begins in mid-August. Most meets will be held on Saturdays. The season runs until early November.

Where?

- **Practices:** various local parks – Delhi, Kuliga, Sayler Park, Fernbank, Seton
- **Meets:** various high schools and parks within 2.5 hour drive

Important Summer 2025 Dates:

Monday, June 9th: Start of summer conditioning.

Friday, August 1 - Saturday, August 2: Tryouts and Start of mandatory practice.

Monday, August 4 – Wednesday, August 6: Team camp at the Jesuit Retreat Center in Milford. All athletes who make the team will go to the team camp.

For more information, contact Nick Merk (merkkn@setoncincinnati.org).

