

Seton Cross Country 2026

2024 GGCL Open, JV, and V Champions; 6th in Region

2025 GGCL Open and JV Champions; 11th in Region

Goals of the Seton Distance Running Program:

- Use running to grow in love of God, teammates, and self
- Become the dominant team in the GGCL, region, and state

Who:

- Anyone willing to work hard can make the team. Everyone participates in the regular season meets
- **Requirements to make the team:**
 - o Ability to run 5 miles without stopping in 55 minutes
 - o Positive, coachable attitude

When:

- **Summer conditioning** begins Monday, June 8, 2026.
 - o Mon, Tues, Thurs, Fri, and Sat every week at 7 am (schedule subject to change).
 - o Practice locations will be emailed a week ahead of time in a weekly email.
 - o The best way to guarantee success in distance running is running consistently
- **Mandatory Tryouts:** Saturday, August 1st @ 7:00 am & Monday August 3rd @ 7:00 am
- **Mandatory Practices** will be Monday-Saturday starting Saturday, August 1st
 - o 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, Saylor Park, Fernbank, Seton, **The New SC**
- **Meets:** various high schools and parks within 2.5 hour drive

Important Summer 2026 Dates:

Monday, June 8th: Start of summer conditioning.

Saturday, August 1 & Monday, August 3: Tryouts and Start of mandatory practice.

Monday, August 10 – Wednesday, August 12: Team camp at the Jesuit Retreat Center in Milford. All athletes who make the team will go to the team camp. ***SCHEDULE TABLET TRAINING FOR MONDAY, AUGUST 10. Attend the retreat following the tablet training**

Saturday, August 22 - first official meet - OHSAA preseason meet

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

