



UCS ATHLETICS - CROSS COUNTRY

Cross Country is open to all UCS students in grades 1-8.

Practices:

- Practice begins the first week of August
- Practices take place Tuesday - Thursday for 90 minutes at Edgewater Park or Wendy Park

CYO Meets:

- Saturdays or Sundays from late-August through mid-October
- Meets are held at several locations in the greater Cleveland area
- Athletes in grades 1-2 run 1 mile
- Athletes in grades 3-6 run 1.5 miles
- Athletes in grades 7-8 run 2 miles
- Boys and girls run in separate races

Uniforms:

- A UCS jersey and running shorts will be provided for each athlete to wear during competition upon payment of the participation fee
- Athletes will need a pair of quality running shoes and appropriate clothing for practices
- Uniforms must be returned at the end of the season

If you have any questions about the UCS athletic program, please contact Chris Tipton at ctipton@urbancommunityschool.org.