



# **Do You Like to Run? Come Join Sacred Heart's Cross Country Team!**

**WHO: boys and girls grades 3rd  
through 8th**

**COST: \$50**

*Practices will be held at County Park in Lyndhurst. More details to follow after registration.*

**Deadline to register is 9/10/24**

**If interested, please email Coach Kat  
[katsammartino@gmail.com](mailto:katsammartino@gmail.com)**

**First Practice 9/10/24 at 5:30pm at  
Lyndhurst County Park(across from Lee's  
Hawaiian)**

*\*\*No payment is due at time of registration\*\**

*\*\*Race distance will be determined based on age/grade\*\**

*\*\*Practices will be held once per week\*\**

*\*\*There will be one meet per week, which involves travel. Meets are on Saturday mornings, duration 2-4 hours\*\**

*\*\*Parent/Guardian needs to present during entire practice/meet\*\**

Questions? Email Coach Kat [KatSammartino@gmail.com](mailto:KatSammartino@gmail.com)