

**For all students in 5th,  
6th, 7th, and 8th grade.**

The Catholic cross country league is starting its spring season. Indoor conditioning will begin on February 6 at the Kingston armory from 5-6:45. No experience needed.

Students can join up until March 19th.

7th and 8th graders who are joining the Holy Redeemer junior high track team can also participate in our meets.

Questions can be sent to Nick Capaci at  
WVcelementaryCC@gmail.com

**St. Jude's  
St. Nick's / St. Mary's  
Good Shepherd Academy**

# **Wyoming Valley Catholic Cross Country**

## **Partial Practice Schedule:**

Feb. 6, 8, 13, 15, 17

5-6:45pm Kingston Armory.

Bring water - wear running or gym shoes.

Parents are welcome to stay / volunteer.

**For latest practice times, tentative meet schedule,**

**FAQ's, and registration form, log on to:**

**<https://sites.google.com/site/wvcelementarycc/>**

**Our team website has a calendar that can be accessed throughout the season. Thank you!**

