



Assumption Regional Catholic School

2017 Cross Country

Grades 4 through 8

To start practices will be held on Tuesday and Thursdays from 2:30-4:00 unless there is a meet. We will make sure to send out weekly reminders!

Please make sure to supply students with plenty of water, proper running shoes and extra clothing in case we run outside!!!!

There will be a \$35 fee per runner this year to cover cost of t-shirts and meets.

Before the first meet all students **MUST** have their physical form completed by a doctor and sent in to the school!!!! Go online to download the physical form under Student tab then click athletics.

Any questions please contact cflammer@arcsgalloway.org

All students **MUST** maintain an average grade of c or above to participate. If a student has a grade below a c average they will not be able to participate.

Student Name: _____

Grade: _____ Parent Cell Phone: _____

Parent Email Address: _____

Parent/Guardian Signature

Date

Atlantic Cape Jr. High Cross Country Schedule 2017
DIVISION 2
ALL GAMES 3:45

<u>Day</u>	<u>Date</u>	<u>Visitor</u>		<u>Home</u>
Tue	9/26	Margate	vs.	Mullica
		Brigantine	vs.	Assumption
		Folsom	vs.	Somers Point
Thu	9/28	Assumption	vs.	Margate
		Folsom	vs.	Brigantine
		Somers Point	vs.	Mullica
Tue	10/3	Mullica	vs.	Brigantine
		Assumption	vs.	Folsom
		Margate	vs.	Somers Point
Thu	10/5	Folsom	vs.	Margate
		Assumption	vs.	Mullica
		Brigantine	vs.	Somers Point
Tue	10/10	Somers Point	vs.	Assumption
		Mullica	vs.	Folsom
		Margate	vs.	Brigantine
Thu	10/12	Brigantine	vs.	Mullica
		Folsom	vs.	Assumption
		Somers Point	vs.	Margate
Tue	10/17	Mullica	vs.	Margate
		Somers Point	vs.	Folsom
		Assumption	vs.	Brigantine
Thu	10/19	Brigantine	vs.	Folsom
		Mullica	vs.	Somers Point
		Margate	vs.	Assumption
Tue	10/24	Folsom	vs.	Mullica
		Assumption	vs.	Somers Point
		Brigantine	vs.	Margate
Thu	10/26	Margate	vs.	Folsom
		Mullica	vs.	Assumption
		Somers Point	vs.	Brigantine