

CFCAL CROSS COUNTRY

2019

PROPOSED DATES

1. CFCAL – Tuesday 9/10
2. CFCAL- Friday 9/13
3. CFCAL – Tuesday 9/17
4. CFCAL – Friday 9/20
5. FLrunners.com Invitational 20 @ Holloway Park – registration online @ flrunners.com
6. CFCAL – Tuesday 10/1
7. CFCAL – Friday 10/4
8. Disney Cross Country Classic – 10/11 - registration online @ flrunners.com
9. CFCAL CHAMPIONSHIP RACE 10/15 – Awards given
10. FLYRA STATE CHAMPIONSHIP RACE – Friday 10/25 for Elementary and Saturday 10/26 for Middle School.

- The cap for M.S will be no more than 15 runners per team (15 boys- 15girls)
- The cap for Elementary will be no more than 10 runners per team (10 boys- 10 girls)
- Please keep in mind we will have access to four port-a-johns and will not have access to indoor restrooms.**

- Medals provided to top ten individuals and team trophy (CFCAL Championship only)
- All CFCAL meets will be held at DOVER DISTRICT PARK - 2803 Dover Park Dr. Dover,FL 33527
- Starting times are: 4:30 Elementary Boys (3 min staggered time then girls will begin) Elementary boys & girls race a 1 mile
- 5:00 Middle School Boys (3 minute staggered time then Girls will begin) Middle school Boys and Girls race a 2 mile.

NOTE: IN ORDER FOR A RUNNER TO RUN IN THE CFCAL CHAMPIONSHIP RACE, THEY MUST RUN 4 OUT OF THE 7 CFCAL LEAGUE MEETS. IF ONE MEET GETS CANCELED DUE TO RAIN AND WE ARE UNABLE TO MAKE IT UP, IT WILL MOVE TO 3 RACES.