

CROSS COUNTRY

2023

Welcome to our 2023 Cross Country season at St. Peter Lutheran School. Mr. Jungkuntz is your coach – and he loves to run!

Cross Country is a running event that allows athletes to run on varied surfaces and terrain open to boys and girls in 5th, 6th, 7th and 8th grades. All of our **practices** are here at school. We practice three times a week Monday and Thursday from 2:30-3:30, Tuesday from 3:30 to 4:30. Study room is available after school until practice.



Our **events** are 1 to 2 mile races. Official timers keep time and ribbons are often awarded at the end of the race. There is an optional State Meet on Saturday, October 14th In Bloomington IL.

Students need a quality pair of running **shoes** and plenty of endurance! Cross Country **t-shirts** are coming, there is a **\$20 fee**, please send payment with this form.

Students will need to have a current **sports physical** on file in the school office. See Mrs. Oehlerking for more information.

If you have any **questions** feel free to talk with Mr. Jungkuntz or Mrs. Sundquist. Please fill out and return this section to register for Cross Country.

Student Name: _____

Grade: _____

T-Shirt Size: _____

Parent Signature: _____

