



2017 Meets*

**Developmental Meet 1 – 8:00 a.m. Saturday, September 23rd
Fort Hunt Park, Alexandria, VA**

**Developmental Meet 2 – 9:00 a.m. Saturday, October 21st
Laurel Hill Park, Lorton, VA**

**Championship Meet – 1:00p.m. Sunday, November 5th
Burke Lake Park, Fairfax, VA**



**Open to all 3rd – 8th Graders
Meet Distances**

Frosh (3rd-4th grades): 2 km

JV (5th-6th grades): 3 km

Varsity (7th-8th grades): 4 km

Saint Sebastian Award

Awarded to the top male and female runners in each grade with the fastest cumulative time from all three CYO meets

Coaches Time Commitment – Dev Meets approx. 2.5 hours; Championship Meet approx. 3.5 hours

Questions: Contact Chris Miller at christopher.miller70@gmail.com

*** Pending permit approval**