



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth Cross Country September 12 - October 19, 2024

### ***Where are the practices/meets held?***

All of the practices will be held at Sunset Hill Campground, 35 East 700 North, Valparaiso. Campground entrance is off 700 North and is marked with a banner of colorful, triangle flags. (You are unable to access the campground from the main part of the park.)

### ***Practice Dates***

September 12, 19, 26, October 3, 10, 17; Thursdays 5:30-6:30 pm

### ***Meets***

October 5, October 12, October 19; Saturdays (see What should we expect on race day?)

### ***What equipment should my child bring?***

The YMCA will provide all the necessary equipment for practices and meets. Parents are not required to provide any additional equipment other than comfortable attire and tennis shoes. We do ask that parents bring plenty of water for their athletes.

### ***What distances will the children be running?***

Each age group will run a different distance, between a set range. Course may vary from week to week.

|               |                    |
|---------------|--------------------|
| Ages 4 - 6:   | 800 - 1200 meters  |
| Ages 7 - 9:   | 1200 - 1600 meters |
| Ages 10 - 12: | 1600 - 2011 meters |

### ***What should we expect on race day?***

Meets will be split into different heats for age groups, and boys & girls. Prior to each meet parents will be given race details, either at practice or via email, with approximate heat times for each group. 4 year olds usually go first and begin at 9 am and it goes up in age from there. Meets are usually completely done by noon. It's important that all athletes arrive before the check-in time so that they can be accounted for and their coaches can get them prepared for the race.

In order to make this program run smoothly we do require a large number of course volunteers. We ask that you please consider volunteering during a heat in which your child is not participating.

In between heats parents are encouraged to keep athletes hydrated. Children are welcome to volunteer with parents for another heat, as long as they are supervised and do not enter the course.



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***What do we do in the event of bad weather?***

In the event of severe or inclement weather, we will make a decision two hours prior to the scheduled practice or meet, **if possible**. We will not practice or run if lightning is detected in the area. However, if rain conditions are not severe we will attempt to continue the event. It is important to have your athlete dress accordingly.

Practices and Meets may not be made up in the event of inclement weather.

Parents will receive a email notification from the Valpo YMCA regarding any cancellations.

**Pictures: TBD**

***Who do we contact with questions or concerns?***

Kevin Freyenberger, Sports Director at the Valparaiso Family YMCA  
Phone 219.462.4185 x239 or E-mail [kfreyenberger@valpoymca.org](mailto:kfreyenberger@valpoymca.org)