

St. Paul's Lutheran  
School  
Cross Country Team  
Fall Season 2022



We are looking for runners both boys and girls (fourth-eighth grade), to join this year's cross country team. We have a great season of races planned! We run races that are 1.25 miles to 2 miles long.

**Practices:** Mondays and Wednesdays after school from 3:00-4:30 p.m. We will be having most practices at Chapman Park in Oconomowoc. This requires us to drive the athletes to the park. Please see attached permission slip.

We will begin practice on **Wednesday August 24, 2022**. Come wearing athletic shorts, a t-shirt, and a pair of supportive running shoes. New shoes can be bought at Performance Runners in Delafield they will give a discount to athletes.

Coaches are:

Mrs. Nelson, Ms. Lubner, Mrs. Raben

Questions: [marcie.nelson@splco.org](mailto:marcie.nelson@splco.org)

## **Cross Country Meet Schedule Fall 2022:**

**Thursday Sept. 8 - 3:30 p.m. check in races begin at 4:15 p.m.**  
Cowbell Invitational at Grace Lutheran Menomonee Falls 1.25 miles

**Wednesday September 14th races begin at 4:00 p.m. -**  
WCHSA Invite Cedarburg Wisconsin Korb Sports Complex

### **Oconomowoc race at Nature Hill**

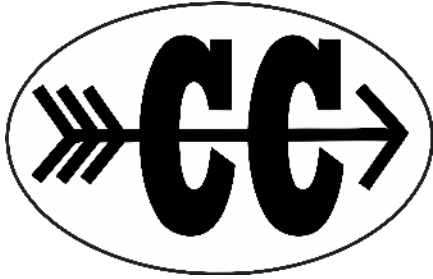
**Saturday October 2, 9:00 a.m. - Wisconsin Lutheran College**  
Grade School open 1.5 miles Greenfield Park

**Saturday October 8 - Lutheran Schools State Cross Country**  
meet Concordia University Mequon - must meet qualifying times  
to participate

**Saturday October 15 - Lake Country Lutheran Cross Country**  
meet at 1:00 p.m.

**Saturday October 22- National Lutheran Schools Race** must  
qualify at State Race

\*\*\*highlighted races still waiting to be confirmed



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Permission slip to allow my child to be driven by one of the coaches to parks in the Oconomowoc area to train for cross country.

The park we will be going to will be communicated to parents prior to practice.

I \_\_\_\_\_ give my child \_\_\_\_\_ permission to ride with one of the coaches to parks in the Oconomowoc area to train for cross country. \_\_\_\_\_ date.