



Lake Castle Madisonville 2021 Cross Country Information

- Grades 3rd – 8th
 - 3rd – 6th run 1 mile at meets.
 - 7th & 8th run 2 miles at meets.
- Season
 - August – October
 - NIAL championship meet is in late October.
- Meets
 - Meets are typically on Thursdays.
 - Start times are typically 4:00 P.M.
 - Parents are responsible for providing their own transportation to meets.
 - The final schedule will be available after the NIAL scheduling meeting.
- Practices
 - 2-3 times per week.
 - Practices will be held on campus.
 - Running attire is mandatory - running shorts, t-shirt, and running shoes.
 - Students will not be allowed to practice in their school uniforms.
 - Bring water.
 - We will notify parents of any cancelled practices via email. Please be aware that inclement weather will cancel practices.
- Uniforms
 - CC uniforms are \$25.00 each.
 - Checks payable to Lake Castle Madisonville.
 - **You do not have to order a new uniform if you have a uniform from a previous CC or track season.**
- Registration Fee
 - Registration fee is \$50.00.
 - Checks payable to Lake Castle Madisonville.
- Communication
 - Coach Sweeney will communicate with parents via email. Please provide an email address that you check regularly.

Questions: Contact Mr. Matt Donahue at matt.b.donahue@gmail.com



2021 CC Sign Up Form

RETURN TO MR. DONAHUE PRIOR TO FRIDAY, AUGUST 6.

Student's Name: _____ Homeroom: _____

Date of Birth: _____ Current Age: _____

Mother's Name: _____ Father's Name: _____

Cell #'s: _____

Primary Email: _____
(Please print)

After practice my child will be dismissed to:

ASC or parent/guardian

If ordering a uniform, please provide sizes (Note: Uniforms run a little small.):

Jersey (circle one): YXS YS YM YL YXL AS AM AL AXL

Shorts (circle one): YXS YS YM YL YXL AS AM AL AXL