

Princeton Cross Country Meeting

May 11th, 2017

Introductions

Coaches (Fritz, Campbell, Graham)

Summer Training

Starts WED June 14th (7:00 am to 9:00 am @ the high school

No Practice on Mon, July 3rd and Tue July 4th

We will condition Monday through Friday each week all summer

First Official practice is Monday, August 3rd

Physicals and other paperwork due August 10th

Pay to Participate Due by August _____

Equipment

Need good training shoes and spikes to race

Mojo Running in Old West Chester

Fleet Feet in Blue Ash and Oakley

Running Spot in Glendale

WATCHES. Get a cheap one, so you can time your runs

Fundraising: Tennis Tournament in Mason, Ohio

Dates:

Saturday, Aug 12th Shifts to be determined

Sunday, Aug 13th

Monday, Aug 19th

Saturday, Aug 20

Meet Schedule

See attached

Our meet is September 9th, 2017 at Landmark

Parent Meeting

Sun, July 30th, at the high school at 6:00 pm

MANDATORY meeting for all parents and runners

Questions: Coach Fritz (513-484-9017) bfritz@vikingmail.org

