



Craig High Badger Cross Country (XC) Fall 2024

XC practices will start up in mid-late September and run (both figuratively and literally) through late October. Practices will be from 3-4:30 PM twice a week and held on the Craig High campus in Montville. Practices are made up of various types of running (distance, interval, speed), core training including resistance tubes and medicine balls, and stretching.

When we run, we take advantage of the surrounding neighborhoods as well as our incredibly large school lot. Pick-up on practice days will be at 4:30 PM at the first-floor middle doors in the front of the school. For any XC questions please contact CHS Cross Country Coach, Ms. Jodi Crum at JCrum@craigschool.org

	TUESDAY	THURSDAY
SEPTEMBER	17 24	26
OCTOBER	1 8 15 22 29	10 17 24 31

5-K Race Schedule

Our cross-country race schedule for the season traditionally includes two to three 5K races held somewhere in Morris County. Races are on the weekends (Saturday or Sunday mornings) starting in late September and wrapping up with our final race usually in late October or November. Runners and parents will meet at the race location 20-30 minutes before race time at a designated location.

Races are optional but are an amazing experience and accomplishment. The cost for all races for the season and our x-country team shirt is \$75 (checks made payable to Craig School). We will register our student runners but parents, siblings, and relatives are welcome to register on their own and run with us! Our race schedule and registration links will be announced/shared in late September.