



# St. Anastasia CYO 2019



Boys

Attention St. Anastasia School and CCD Students!  
Grades 1 thru 8

Girls

Fall Registration is Open! [www.stanniescyo.org](http://www.stanniescyo.org)

## Practice Schedule

Season starts August 1st! \*\*

3 Days Per Week, minimum 2 required

Usually M, W, F

Starts 5:00 or 5:30 lasting approximately 1 hr.

Practice Locations: MNHS, Rose Tree Park

\*\* Contact coach if looking to start in Sept. Feel free to try a few practices to check child's interest.

## Eligibility

Sub-novice Born 2011 to 2014

Novice: Born 2009, 2010

Minor: Born 2007, 2008

Cadet: Born 2005, 2006 \*

\* 8<sup>th</sup> Graders born on or after 9/1/2004

Sub-novice

1.25  
Miles  
(2000  
Meters)

Events

Novice

1.86  
Miles  
(3000  
Meters)

Meet Schedule

5 Practice meets starting mid-September thru October

Championship: End of October

Regional and National Championship opportunities

Meet Location: Belmont Plateau in Fairmount Park, Philadelphia

Cadet

2.48  
Miles  
(4000  
Meters)

Minor

Activities: Team Mass and Team Service Project

Questions? Contact Coach Bill Moreau [Billmoreau22@gmail.com](mailto:Billmoreau22@gmail.com) 484-332-0654

Register: [www.saintanniescyo.org](http://www.saintanniescyo.org)