

ST. ANASTASIA



Cross Country



2021

What we want to cover today:

GENERAL:

- Program Overview
- Divisions and Events
- Meet Information
- Water, Sports Drinks and Nutrition
- Shoes
- Belmont Plateau Course Directions
- Course Maps

OUR PROGRAM

Prioritization on Development and individual improvement

- Accepting of All Levels of Runner Experience
- All team members have the opportunity to participate
- Preparation for high school if desired

COACHES

Bill Moreau

Erin Howe

Sinead Egan

Joe Horwatt

Paul Stearns

DIVISIONS and EVENTS

DIVISIONS - By Birth Year

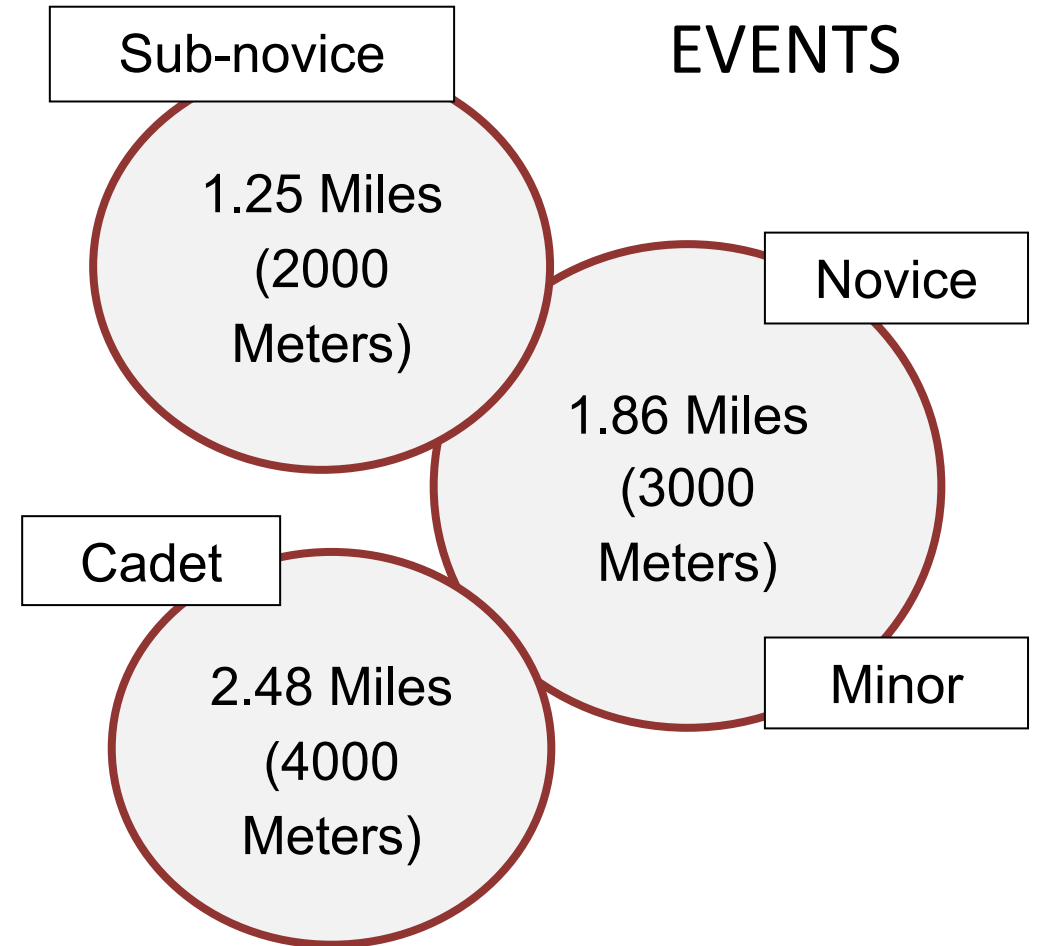
Sub-novice Born 2013 to 2016

Novice: Born 2011, 2012

Minor: Born 2009, 2010

Cadet: Born 2007, 2008*

* Note: 8th Graders born on or after 9/1/2006



MEETS

This year we will have 6 “Practice Meets” starting Sunday, September 19th and then a championship meet on Sunday, October 31st.

- Start times is 1:00.
- Location is at the Belmont Plateau in Fairmount Park.
- To be eligible for the Championship race, you must participate in 2 practice races.
- Races will start one after the other, girls teams and then the boys teams in the following order:

Sub Novice B/G

Novice B/G

Minor B/G

Cadet B/G

- Bib numbers will be distributed prior to each race and collected after the race.
- **INCLEMENT WEATHER:** In the event of inclement weather, a decision will be made no later than 10 AM on Sunday morning.

Covid Requirements

Please note that because Belmont Plateau is located within city limits, we must follow their guidelines and those guidelines are subject to change at a moments notice.

MASK responsibility and policing has been placed on the coaches. *Any violations found by the city could lead to the removal of our Belmont Plateau Permit!*

Runners:

- Must wear mask to the starting line
- Remove mask to run the race
- Put mask back on post race

Spectators:

- Must wear a mask when standing and/or mobile. Mask can be removed when sitting down.

WATER, SPORTS DRINKS and EATING



GENERAL

- Our preference is water over sports drinks.
- If doing sports drinks, try and alternate with sips of water
- There should be no sharing of drinks, even between family members.
- If buying bottled water, try and buy the smaller bottles. They be more expensive but are less likely to go to waste.

MEETS

- Please make sure that athletes are eating something for breakfast or in the morning.
- A bagel or slice of bread with peanut butter works well.
- Avoid Eggs and Dairy products prior to racing
- Philly pretzels are ok for meets, but as in the water bottles, try and buy the smaller pretzels
- Avoid candy or high sugar content.

If necessary 😊

SHOES

Standard Running shoes will fall into 1 of 3 categories: NEUTRAL, SUPPORT and CONTROL

WAFFLES or RACING shoes are shoes that are extremely light and minimal support:

Our friends at The Running Place in Newtown Square support our program and offer a team discount.

Do I need to buy spikes?

We recommend spikes for those runners that have gained some experience and are looking to make further improvement.

We also recommend that when buying spikes, that the runner test them out at 1 or 2 practices. You should not use spikes at every practice and the first time using them should not be at a meet.

DIRECTIONS

DIRECTIONS TO BELMONT PLATEAU IN FAIRMOUNT PARK

FROM BROOMALL/NEWTOWN SQUARE

Take Route 3 East to Route 1. Go North (turn left) on Route 1. You will pass St Joes University on the right. Follow Route 1 to Route 23 (Conshohocken Ave. – gas station on right hand corner). Turn right. Proceed to Belmont Ave. (dead end) and turn right. At the third light, turn left onto Belmont Plateau. Go about 200 yards and bear left. Go another 200 yards and the parking lot will be on the right (down the hill from Belmont Mansion). Look for a large gathering of people at the bottom of the hill and look for a large maroon tent with St. Anastasia on it.

Course Maps

Philadelphia CYO Sub-
Novice Course Map
2 km (~1.14 miles)



Map has an error on
the route and distance
see yellow line for
correction

Tree - kept on the
runners' right

Runners keep the
groups of trees to their
left

Concrete pole - kept
on the runners' left

Marshall
Position

Start

Finish

Marshall
Position

Marshall
Position

Marshall
Position

Go around all trash
cans and poles

Philadelphia CYO Novice
Course Map
3 km (~1.86 miles)



Suicide Hill

Parachute Hill

Chamounix Equestrian Center

Runners keep the groups of trees to their left

Tree - kept on the runners' right

Concrete pole - kept on the runners' left

Marshall Position

Start

Finish

1st Loop: Go around all trash cans and poles
2nd Loop: Make h... at last baseball cage

Marshall Position

Marshall Position

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Montgomery Dr

Wykill Expy

Philadelphia CYO Minor Course Map
3 km (~1.86 miles)



Philadelphia CYO Cadet Course Map
4 km (~2.46 miles)



Tree - kept on the runners' right

Concrete pole - kept on the runners' left

Runners keep the groups of trees to their right for the 1st loop and left for the 2nd loop

Hard left at the backstop

Soft left just past the backstop

Suicide Hill

Parachute Hill

Start

Finish

Marshall Position

Marshall Position

Marshall Position

Marshall Position

Marshall Position

Marshall Position

Marshall Position

Marshall Position

Chamounix Equestrian Center

American Womens Heritage Center

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Chamounix Dr

Chamounix Dr

Montgomery Dr

Belmont Dr

Montgomery Dr

Belmont Dr

Belmont Dr

Belmont Dr

Wykill Expy