



Catholic Youth Organization
A Division of
Catholic Charities Community Services
1011 First Avenue, 6th FL
New York, NY 10022
Phone: 212-371-1000
www.cyony.org

Contact Dan Doherty to register your child/team in the Spring clinic(s).
For additional questions.
Dan can be reached at: 845-596-3625 or dohertyd@optonline.net

To help us prepare, parents/guardians please help us prepare for each of the below by completing the online waiver, which can be found [HERE](#) You only need to complete the waiver one time for each participating child. The form should only be completed by the parent/legal guardian.

1. Rockland County CYO Cross Country Clinic #1

Date: Sunday, Sept 23, 2018 Time: 1:00 PM
Location: Pearl River Middle School (520 Gilbert Ave, Pearl River, NY 10965)

Basic Introduction and instruction in the following events:

Rockland CYO will be hosting a short clinic on the basics of Cross Country. This will be followed by three races. The first race will be for K-2nd graders, followed by a race for 3-5th graders and the final race will be for 6-8th graders. For those of you that attended the meet at Pearl River Middle School last Fall, we will be using the same courses that were used then. Please be sure to sign up for the races using the instructions found on the CYONY website.

2. Rockland County CYO Track and Field Clinic #2

Date: Sunday October 14, 2018 Time: 1:00 PM
Location: Pearl River Middle School (520 Gilbert Ave, Pearl River, NY 10965)

Starting at 1pm will be the race for K through 2nd graders. This will be followed at 1:15pm with the race for 3rd through 5th graders. Finally, at 1:30pm we will have a race for 6th through 8th graders. We will once again be using the three courses that were established last year. Please be sure to sign up for the races using the instructions found on the CYONY website.

3. Rockland County CYO Track and Field Meet

Date: Saturday, October 20, 2018 Time: 4:30 PM *after conclusion of HS race
Location: Bowdoin Park, Wappingers Falls, NY

Tentative Timeline:

Come test your skills learned and compete against CYO athletes from Orange, Dutchess, Westchester, Bronx and Manhattan. Three CYO races will be incorporated into the High School Section One Coaches Cross Country Invitational at Bowdoin Park in Wappingers Falls, NY. The first race for K through 2nd graders will go off at approximately 4:30pm. The second race, for 3rd through 5th graders will go off at 4:40pm and the final race, for 6th through 8th graders will go off at 4:55pm. Please be sure to sign up by completing the online waiver form found at top of this page or on website. Please note that there will be a \$10.00 per car parking fee charge to enter Bowdoin Park. **The Meet entry fee will be \$5 per athlete.**

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