

Group A vs Group B

Group A is viewed as a more advanced, less developmental Varsity level training/racing group that practices up to 6 days per week. All Group A girls should plan to attend the Palatine Invitational, although this is conditional on the number of Group A girls on the team, and all Group A girls are at least considered for participation in our other out-of-town meets.

The basic Group A practice schedule is Monday-Thursday at 3:30 (either at Seneca Pk or Highland Hall), Saturday mornings (until we start having Saturday morning meets) and Sunday afternoons. Our rest day is on Fridays. The ending time for practice depends on what we're doing each day, but generally speaking, we tend to be done anywhere from 5:00 to 5:30.

The girls get to weekday practices at Seneca Park via carpooling with the older girls, or via any parents who can transport their daughters to the location of practice. We do also have the school's bus as a backup on the days we travel to Seneca Park, in case someone's ride falls through. On days when we practice at Highland Hall (Legion), the girls can walk to that facility. The girls are responsible for finding their own ride to practice on Saturday and Sunday.

Group B is a less advanced, more developmental JV level training/racing group that practices 4 days per week and competes in local meets.

The basic Group B practice schedule is Monday-Thursday at 4:00 (either at Seneca Pk or Highland Hall). This group should typically be done with practice at 5:30.

The girls will get to practice using the school's bus on days when we practice at Seneca Park. On days when we practice at Highland Hall (Legion), the girls can walk to that facility.

Meet requirements

- Group A girls typically compete in 4 or more meet during the season.
- Group B girls typically compete in 3 local weekday meets during the season
 - *We have makeup events for Group B girls who miss one of the 3 weekday meets. These meets are on Saturday mornings.*

The Group A Cross Country season ends on one of the following:

- October 1-2, for seniors who'd like to finish or girls with Winter sport tryouts
- October 12, for girls not interested in our post-season group
- late November, for girls who are interested in our post-season group

The Group B Cross Country season ends around October 1-2