

# 2020 Cross Country

Hello SGS Cross Country Families,

As you all are aware; whether it be socially, academically or through athletics we are navigating through unprecedented times. That being said, our coaching staff and athletic department are committed to offering a cross country season for our Saint George Catholic School student-athletes following all prescribed protocols of screening, distancing, use of masks when not actively running, etc.

Obviously, this will not look like a normal cross-country season with regards to how we will be conducting practices, scrimmages and the Diocesan Championship. The Diocesan Athletic Department is working towards offering scrimmages and a championship that can safely be conducted for our student-athletes.

Although our coaches and SGYAA are committed to offering a season, we all must understand that our season, due to the delayed start, will be a redacted season with practice days, times, and squad sizes to be determined as soon as possible.

We are hopeful to be hosting our first practices next week and may have to put a cap on the number of student-athletes that may participate this season due to social distancing allowances. To ensure your roster spot, visit [www.sgslancers.com](http://www.sgslancers.com), sign-in (register for first time users) to complete the online application and return all signed forms as quickly as possible to the school office in an envelope labeled: **Gary Mokris C/O Wyatt Mokris Mrs. Lytle 3B**

Please let me know of any questions. Otherwise, we look forward to making this cross country season the best it can be given the circumstances.

Sincerely,

Gary J Mokris  
SGS Cross Country AD  
[garymokris@gmail.com](mailto:garymokris@gmail.com)

## 2020 Registration

\$30.00 Regular Registration

(\$10.00) SGYAA Discount

\$20.00 Net Cost to Participate