

CCYO Junior High Cross Country



Boys and girls in grades 6-7-8 are invited to take part in the CCYO Cross Country program.

[Sign Up Here Now!](#)

For about 40 years, this program has introduced Catholic grade school students to the sport of cross country

Coaches this season: Owen Canfield and Richard Parr were high school athletes and are passionate about getting youth involved.

We'll practice at 6:00 p.m. each Monday at Lake Hefner and each Thursday at Pribil Stadium/Scott Track on the campus of Bishop McGuinness and compete in 4 meets.

Cost is \$75 per child, which covers all meet fees and a jersey that you can keep.

Our first practice is at **6:00 p.m. Thursday, August 21, 2025**. Students need to wear active clothing, new running shoes, a digital wristwatch, and bring a water bottle. Parents come **Thursday, 8/21/2025 at 6:00 p.m.** and plan to spend a few minutes hearing the coaches explain the season. Please venmo @OwenCanfieldIV \$75 before the end of the short (15min) parent meeting.

Miss the meeting/start? No problem just contact Head Coach Owen Canfield 405.760.6985 or Richard Parr at 405-326-9878