



2023 CROSS COUNTRY



The Cross Country program gives our athletes an opportunity to take their skills off the track and out to the trails in our local parks.

Cross Country starts in September and goes through to November.

We hold our practices at 2 different locations – Cedar Creek Park on Merrick Road in Seaford, and Norman Levy Preserve in Merrick.

The distance for our youngest athletes is 2K which is about 1.24 miles.

The next age groups 9/10 years & 11/12 years run a 3K which is 1.86 miles.

13/14 years run a 4K which is just under 2.5 miles.

Age is based on year of birth.

Our athletes work up to these distances in practice.

Like Summer Track, membership in the USATF-Long Island is required at \$25/year.

Membership is done online at [USATF.org](https://www.usatf.org) and date of birth verification is required

If you did Summer Track, you are still a member thru December 31, 2023

REGISTRATION IS LIMITED TO 25 ATHLETES, PREFERENCE IS GIVEN TO SUMMER ATHLETES!

*Nassau County Police Activity League - Track
Bellmore - N. Bellmore / Merrick Unit*