

The San Diego Waves Running Club
invite you to come out for the 2017 Cross Country Season!



Join the San Diego Waves!

What:

USATF San Diego Youth Cross Country

Where: N. San Diego Practice Sites

Buena Vista Park- 5:30-7:00 pm (M)

Poinsettia Park- 5:30-7:00 pm (W)

CSUSM Track- 5:30-7:00 pm (F)

When: Fall Season

August – November 2017

Cross Country Meets are held on weekends.

Who: Youth Ages 9 to 17.

For More Information- Website:

www.sandiegowavesxtc.com

Our mission is to provide a safe, fun, & athletic environment to promote a healthy active lifestyle for kids!



Email: coach@sdxtc.org

Contact: Coach Menchaca (760)505-8442

