

SD Waves Cross Country Update 6-12-2019:

Thanks for your interest in the SD Waves. We are proud to have 40 athletes qualify for our USATF Region 15 Junior Olympics in Las Vegas in 2 weeks (6/21-23). As our track season comes to close at the end of June, we get ready with conditioning workouts in July on select Saturdays- 1st one will be July 6th- 8:00 am @ Tamarack Beach; more info to follow. Cross Country (XC) will officially begin August 6th with a team night at Roadrunner Sports-Carlsbad from 6-7:30 pm. We will preview the season with team info, practice schedule, meet schedule, register athletes, and answer questions for parents. Check our website for team updates on the [membership link](#); fee structure & docs are up now. Practices will occur 3 times a week (Aug-Nov) with meets on select Sundays from September to November. Once we have practice sites approved we will post those as well. We practice at Buena Vista Park (Vista) and CSUSM (San Marcos). Drop me your email and I will add you to our parent-team list.

Hope that helps.

Coach Hector Menchaca

Head Coach

San Diego Waves