

Penn Manor

Varsity Cross Country

Students entering 9th grade are welcome and encouraged to try-out for the Varsity cross country teams.

Varsity cross country races are 5Km (3.1 Mi.) which requires a good training program over the months before the season starts. Athletes interested in participating in this program are strongly encouraged to attend summer cross country training runs.

At this time, summer training will start July 1, 2020 based on recommendations by the PIAA in regards to COVID-19. Practices will be held at various locations around Manor Township to provide variety and different challenges. The days, time and location of practices will be posted on the XC blog site noted below. Athletes need not attend all summer practices, but are encouraged to start training early in the summer and attend practice when possible.

Varsity Cross Country Blog Site

Following is the link to our Cross Country site. It contains team information and updates including practice dates, times and locations.

Signing up on the blog will provide users with automatic notices of postings.

<http://blogs.pennmanor.net/crosscountry/>

School Site

<https://penmanorathletics.com/> (click on the link for Athlete Headquarters and choose Penn Manor Athletic Registration Packet for necessary forms. NOTE: PIAA Physicals must be performed after June 1, 2020. Updated information will also appear on this website under Fall sports in the coming months.)

Varsity Cross Country Coaches

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