

ST. VINCENT – ST. MARY FIGHTING IRISH  
CROSS COUNTRY  
***PACE – SETTER CLUB***

***TEAM AVERAGE TIME: Men 16:15 Women 19:15***

**Goal:** A state caliber runner begins with knowing the correct pace at all times. This includes the long easy temp runs. A state runner never goes too slowly. ***Pace-Setter Club*** has been established for those elite runners and teams who want to become more than just state qualifiers. Do you have what it takes to become one of these runners? Can you motivate your teammates to become one unit with the same focus of state level running?

**Objective:** Throughout the summer conditioning session and in conjunction with the leprechaun mileage club, runners will be measured every time they begin and end a session.

1. Must be present @ 4 out of 6 sessions per week or 28 days of the summer conditioning.
2. **Gold = 90%** of the time achieved pace time; earns **10 varsity letter pts.**
3. **Silver = 80%** of the time achieved pace time; earns **8 varsity letter pts.**
4. **Bronze = 70%** of the time achieved pace time; earns **5 varsity letter pts.**
5. **Bonus pts awarded to teams of runners (a team is defined as running within the range for the entire distance of a given workout with at least 5 runners performing the task).**
6. **Gold winners will have their name displayed on a plaque.**

MEN	WOMEN	WORKOUT
6:30 per mile or better	7:40 per mile or better	Long steady runs 80%
5:50 per mile or better	6:55 per mile or better	Tempo runs 90%
5:30 per mile or better	6:30 per mile or better	Long intervals 95%
5:20 per mile or better	6:15 per mile or better	Mile repeats

***A NEW CHAPTER  
A NEW ERA  
NOVEMBER 5<sup>th</sup> – FINAL CONQUEST***