



FLAMES CROSS COUNTRY RUNNING TEAM

COME AND JOIN A WINNING TRADITION AT ST. MARY'S ACADEMY



PROVINCIAL VARSITY CHAMPIONS

2000, 2004, 2006, 2011, 2016, 2017, 2018, 2019, 2021, 2022, 2023

VIRTUAL VARSITY CHAMPIONS 2020

PROVINCIAL FINALISTS 2003

3RD PLACE PROVINCIALS 2012

PROVINCIAL JUNIOR VARSITY CHAMPIONS

2002, 2015

2ND PLACE PROVINCIALS

2001, 2003, 2013, 2014

3RD PLACE PROVINCIALS

1999, 2000, 2010

JUNIOR HIGH PROVINCIAL CHAMPIONS

1999, 2007, 2008, 2012, 2014, 2015, 2017, 2018, 2019, 2020 Virtual Champions, 2021, 2023



STUDENTS WHO ARE INTERESTED IN JOINING CROSS COUNTRY PLEASE EMAIL
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