

2018 Brashier Middle College Cross Country Tryout Information

For the 2018 Cross Country season, Brashier Middle College will field a Varsity Boys and a Varsity Girls team, comprised of 12 runners each. Tryout details are as follows; please contact Coach VanOsdol with any questions.

Schedule (Weather permitting):

| | | |
|-------------------|---------|--------------------------|
| Friday, August 10 | 8:00 AM | Boys arrive and stretch |
| | 8:15 AM | Boys begin 5K |
| | 8:30 AM | Girls arrive and stretch |
| | 8:45 AM | Girls begin 5K |
| Monday, August 13 | 8:00 AM | Girls arrive and stretch |
| | 8:15 AM | Girls begin 5K |
| | 8:30 AM | Boys arrive and stretch |
| | 8:45 AM | Boys begin 5 K |

Procedure:

Runners must run a competitive 5K both days. Boys and Girls will run separate races. A runner's placement in each of the 2 runs will be averaged and the top 12 Boys and top 12 Girls will comprise the 2018 Varsity squads.

Forms required for tryout:

Brashier's History & Physical form completed by Physician

What to wear:

Proper athletic clothing and footwear

What to bring:

Plenty of fluids (water or sports drink)

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