

INFORMATION SHEET BROOKWOOD GIRLS CROSS COUNTRY

Practice starts on June 4 at 8 a.m. in front of Brookwood. Practice will last one hour. We will practice on Monday, Wednesday and Friday

Team highlights - Consistently competitive at County, Region and State levels.
Travel to top level meets - overnight trips
Team summer trip to Myrtle Beach
Top level athletes who are also school leaders, good students
60% plus of team gets scholar athlete award (90 average during competitive season)

Athletes must turn in physicals before they start summer practice. You cannot practice or accumulate mileage towards your letter until a physical is turned in.
Use Yellow Physical Forms.

How to letter w/summer mileage (9 weeks)

Freshmen- 180 miles (20 per week)

Sophomores- 225 miles (25 per week)

Juniors- 270 miles (30 per week)

Seniors- 315 miles (35 per week)

You must also run within 30 seconds of the lettering times below.

How to letter with race times (3.1 miles/5K)

Freshmen- 23:30(7:33/mile)

Sophomores- 23:00(7:24/mile)

Juniors- 22:30(7:15/mile)

Seniors- 22:00(7:06/mile)

How to letter with recognition (get a plaque) - Summer mileage (9 weeks)

Freshmen- 252 miles (28 miles a week)

Sophomores- 297 miles (33 miles a week)

Juniors- 324 miles (36 miles a week)

Seniors- 360 miles (40 miles a week)

You must also run within 30 seconds of the times below.

Lettering with recognition with race times (get a plaque)

Freshmen- 23:00(7:24/mile)

Sophomores- 22:30(7:15/mile)

Juniors- 22:00(7:06/mile)

Seniors- 21:30 (6:55/mile)

An athlete may also letter by being on the team for three years.

To letter with mileage you must attend 18 of 24 summer practices.

