



Morton Cross Country 2019

Please return this sheet along with a KHSA sports physical to Mrs. Snowden at the cross country tryouts on the Morton track (back of school). You will not be allowed to tryout without the physical.

Tryout Dates (TENTATIVE): August 5th, 7th, and 9th from 4-5 pm – If you cannot make tryout dates please contact me before the first day of school. I will not be able to make exceptions after school begins due to the uniform ordering process.

What to bring: Water, running shoes, running clothes

Name: _____ Age: ____ Grade __ D.O.B: _____ Sex: M/F

Guardian Contact Information -

Name: _____

Phone Number: _____

Email: _____

1. Prior Track or Cross Country Experience? Y/N

2. If yes, please list what school/ years participated/ events run.

3. What other sports have you participated in?

4. Are you currently involved in another sport?

5. Please list best times for the following distances (list only the events you have participated in and are sure of the time)

100 Meters: ____

1 Mile: ____

400 Meters: ____

2 Miles: ____

800 Meters: ____

3 Miles: ____

6. Longest recent run (During summer break): _____

7. Please describe your last three weeks of running or other physical activity.

	Week 1	Week 2	Week 3
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

- Almost all XC meets occur on Saturdays. Practices will be held Tues-Fri from 4-5:30 (other sports are not an excused absence for missing XC)
- Students will be notified on August 9th if they made the XC team
- A mandatory parent meeting will be held Thurs. 9/15 at 5:00pm