



Middle School Cross Country Tryouts

- **Who:** All Boys and Girls in 6th-8th grade are invited!
- **When:** 8/24 (Friday) 4:15 pm – 5:30 pm
- **Where:** Meet at the GYM after school
- **Attire:** t-shirt, shorts, shoes - **REQUIRED**

****Bring your own water bottle**

4:00 - 4:15 pm

Check in/sign up @ gym

4:30 pm

Girls Race

4:45 pm

Boys Race

5:00-5:30 pm

Team Workout/Stretch

