

Page Middle Cross Country Tryout Information

Page Middle Coaches:

- Joanna Brewer (Girls) joannab1@wcs.edu
- Shawn Carter (Boys) shawnc@wcs.edu

Tryout Dates: July 29th, July 31st, August 5th and 7th

Please see Final Forms or email Coach Brewer or Coach Carter for specific times and locations

Requirements for Trying Out: Girls must run 2.0 miles in 20 minutes and under, taking up to 40 runners for the team. Boys must run 2.0 miles in 17½ minutes and under, taking up to 40 runners for the team. ****Runners MUST attend at least one day but we recommend that you attend as many days as you can.** We will be taking the top times. Please look at our summer workout ideas on the Page Middle Website under “cross country”. Prior conditioning is not required but very helpful for your tryout.

Required Paperwork for Tryouts:

1. Complete all parent and student forms on FinalForms. You can access the FinalForms website at <https://wcs-tn.finalforms.com/>
2. A current SPORTS PHYSICAL uploaded into Final Forms. **Sports physicals MUST be dated 4/15/24 or later.**
3. Select the “Boys Cross Country” or “Girls Cross Country” box in FinalForms. Runners who have not selected the “Boys Cross Country” or “Girls Cross Country” box will not get emails with tryout information, cancellations, changes, etc....

****Runners should bring their own water to tryouts and practices! ****