

Cross Country Tryout Information

Below are the time standards in order to be considered for the Riverside Rams Cross Country team. Tryouts will be completed the first week of the season (Monday-Thursday). There will not be any make-up days. You must tryout during the VHSL tryout time frame, if you are unable to make tryouts during this time you will not be able to tryout and be unable to be considered for the team. Please plan your summer plans/ schedule accordingly.

Athletes will be given 3 opportunities within the first week to complete and meet the time standard.

Freshmen:

Girls- Must be able to run a 5K (3.1 miles) in 30 minutes or less.

Boys- Must be able to run a 5K (3.1 miles) in 29 minutes or less.

Sophomore:

Girls: Must be able to run a 5K (3.1 miles) in 29 minutes or less.

Boys: Must be able to run a 5K (3.1 miles) in 26:30 minutes or less.

Juniors:

Girls: Must be able to run a 5K (3.1 miles) in 28:30 minutes or less.

Boys: Must be able to run a 5K (3.1 miles) in 26:15 minutes or less.

Seniors:

Girls: Must be able to run a 5K (3.1 miles) in 28 minutes or less.

Boys: Must be able to run a 5K (3.1 miles) in 26 minutes or less.

Summer running, summer training, and summer practices are your key to success for the season and to prepare for the time standards. Remember that a cross country course can be on all different types of terrain (dirt, trail, street, gravel, etc.) so be sure to practice and train on all different types of terrain.

LCPS Paperwork and Physicals

Please note you MUST have all LCPS athletic paperwork and physicals turned in prior to trying out. No paperwork or physical- NO TRYOUT. Turn it into the Athletic Office. Required forms can be found on Riversiderams.net.

Go Rams!