



2025 Girls Varsity Cross Country Team Tryout Information

Required Uniform:

Kellenberg athletic shirt, short. Dress cool, but in the blue and gold. Please wear running training shoes, avoid cross trainers or basketball shoes. It will be important to bring your own water bottle as well.

Tryout dates and times:

Wednesday, August 20, 8:45am-10:30 am. Meet at Norm Levy Park 1600 Merrick Rd. Merrick, NY 11566

Thursday, August 21, 8:00 am.-11:30 am. Meet at KMHS. (team candidates will be bused to and from cross country course.)

Friday, August 22-8:00am. Meet at KMHS. (team candidates will be bused to and from cross country course.)

Criteria used during tryouts:

Sophomore, Junior, Senior team members will be participating/competing on rigorous 2.5 mile and 3.1 mile courses during the autumn. Freshmen compete on 1.5 mile distance courses. It is essential that team members have attained a modicum of fitness in order to safely be able to enjoy the experience. Coaches will be evaluating candidates on the following during the Tryout period:

- Completion of Wednesday's **5K time trial or 1.5 miles for freshman** at Norm Levy Park.
- Completion of Thursday's 4.5 mile or 2.0 for freshmen "**Steady-State**" run at Kings Point XC Preserve."

The minimum qualifying standard to make the team for **SOPHOMORES will be to run 30:00 5K** for this distance. (9:50 minute per mile pace).

The minimum standard for **Juniors/Seniors to make this team will be 28:00 5K for 5kdistance.**
- Completion of Friday's Cross-Country Hill Workout at the Red Cote Preserve XC Course. Athletes will be required to jog/walk warm-up and warm-down the x-c course before the time trial as well.
- Attendance at tryouts
- Cooperation and enthusiasm during the tryout period.
- Overall fitness and ability to handle the workouts during the tryout period.
- Qualified team members will be notified immediately after tryout session on Friday, Aug. 22.
- Monday, Aug. 25th is a team practice date.

PAC Meeting

Please keep on your calendar open Wednesday night, Sept.3rd at 7:00pm for the Parent/Athlete/Coach Meeting. All **who have been selected for the team and a parent(s) are required to attend** at KMHS.

Questions –Please email Coach Brown at mrbrown@kellenberg.org.