

**ALISO NIGUEL  
HIGH SCHOOL**



**2009 BOYS  
CROSS COUNTRY**

## **TRYOUT INFORMATION**

### **Tryout Dates, Times, and Locations:**

Tryout #1 – Friday, June 19, 2009 @ 7am

- meet outside the boys' locker room and main gym

Tryout #2 – Friday, September 11, 2009 @ 3pm

- meet outside the boys' locker room and main gym

### **For more information:**

Coach Walsh  
jjwalsh@capousd.org

Parent/Athlete  
Info Meeting  
Monday, May 18  
6:30pm  
Room 903

### **Requirements to participate in the tryout:**

1. A clearance packet (all four pages – either a yellow packet from the main office or all sheets are available in the Athletics section of the school website) must be completed and in hand to give to the coach at tryouts (if not already turned in prior to that time). Athletes **WILL BE TURNED AWAY** without this packet completed at tryout time.
2. Appropriate running attire – running shoes, shorts, and shirt
3. A bottle of water or Gatorade or other fluid replacement drink

### **Tryout distance and standards to make the team:**

Distance – 3 miles

Standards – varies by the following:

Incoming freshmen and new sophomores – 22:00

Returning sophomore athletes – 21:30

New/returning junior and senior athletes – 21:00

