

San Clemente High School Boys Cross Country 2017 Summer Information

- Physical exam and clearance forms must be completed before athletes can participate in tryouts. All necessary forms can be obtained in the athletic director's office at San Clemente High School, through the athletic department web site at www.sctritionathletics.com
- New and returning team members must complete and pass at least one time trial during the summer in order to remain on the team. Athletes who do not achieve a qualifying time may be held on a developmental squad at the discretion of the head coach. See below for summer time trial dates, and time trial expectations. Returning runners who do not make the minimum time standard will not be kept on the team.
- Athletes have two summer training options; (1) Join the SCXC running club with Coach Flores (SCHS assistant coach) or (2) Train on your own following our summer training guide. For information about the running club call Coach Flores at 949-742-1874. To download a copy of the summer training program, go to the cross country page on our website at www.tritonrunning.com.
- Team members must be registered in the 6th period cross country class for the fall semester.
- **For more information or to contact Coach Johnson, visit our web site at www.tritonrunning.com, or e-mail to drjohnson@capousd.org**

Summer Schedule

Date	Day	Time	Event / Location
June 27	Tuesday	8:00 am	Time Trial at SCHS
July 10	Monday	8:00 am	Time Trial at SCHS

Minimum Time Standards (On SCHS 3 mile Course)

Grade	Time
New 9 th / 10 th grade	**TBA
Returning 10 th grade	**TBA
All 11 th / 12 th grade	**TBA

**** Minimum time standards will be determined after we have determined how ongoing construction will affect our cross country course.**