**Standards to make the 2020 Pope XC team**

**1.** Our annual 2 mile run will be completed twice (at the end of July/early August) with the required times:  
  
 Boys                Girls

Seniors            12:50               16:40

Juniors            13:20               17:00

Sophomores    14:00               17:20

**1st Year runners of any class will not have a standard as long as they contribute to the overall XC program.  All new runners will run the time trial in order to be placed in the proper training group for practice.**

 These standards will be used to help improve the overall depth of the Pope Cross Country Program.  All athletes will have 2 chances to make the standard before the final team selection.

**2.** WE are challenged with our usual weekly runs so until we are allowed to meet as a team  athletes will be asked to upload workouts to their Strava account.   Athletes are required to upload at least 1 workout a week.  Mandatory minimum!!!  
A total of 20 is required to not have a time requirement with in face sessions counting as 2 of the 20 workouts.