**The Pope Cross Country team standards for the 2019 season will be as follows:**

 2 mile run 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.

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.

Any athlete who attends 10 summer practices will not have a time standard in order to make the Pope XC team. These session can come from all TEAM runs, Senior led workouts, weight room sessions with Coach Johnson or camp.

All athletes are required to upload at least workout a week over the summer to the Running 2 Win website. You can either use this AP or use another that you like. The expectation is for athletes to upload at least one long run weekly.

 Log on to <http://www.running2win.com/>

Search 2019 Pope XC Team # T-153180190205-16