

**Important Notes to Consider Heading into Fall 2019:**

**I. *Overnight trip selection is the following (subject to change depending on invitational selected):***

On the first day of practice (8/22), you will choose to run either a timed 1600 or 3200 meter run. To be invited on the trip, one of the following must occur:

- a. You run the 3200 meter run and break 11:40 for boys or 13:40 for girls.
- b. You run the 1600 meter run and are the top underclass male or female (only possible for freshmen or sophomores)
- c. You run the 1600 meter run and break 5:20 for boys or 6:20 for girls (only possible for freshman or sophomores)

We will invite as many athletes on the trip, on the first day of practice, as make these marks. If the above criteria have not been met by at least 13 boys and 13 girls on 8/22, we will fill out the roster to 13 boys and girls on the 8/31 practice. Decisions for the 8/31 practice will be made based on athletes showing up and training at a high level during the first week of practices. Coaches will consider attendance and completion of the first week's quality workouts.

Any remaining spots past 8/31 will be determined at the Red, White and Blue on 9/7.

***Rationale-***

The selection process has been established to help ensure that we are fair and best representing our team at this elite meet. Our goal is to reward the top 15 boys and top 15 girls with an opportunity to compete at a high level. We do take great care in choosing the 30 individuals who will be joining us on this trip, if you have any questions, please see us.

**II. *Captain Selection:***

Captains will be named on the first day of practice on 8/22. Captain selection does require that you are a junior or senior with at least one complete season with the team. All captains will be named by the coaches.

**III. *Paperwork:***

Paperwork is online!!!!!!!!!!!!!!!!!!!!!! Please make sure you register prior to the season starting and make sure your physical is on file with the nurse. If you want to know when your physical expires, feel free to reach out to the coaches, AD's office, or nurse.

**IV. *Please have a stop watch, and consider getting a heart rate monitor.***