



Walton Cross Country 2009 Year 33



**16 Girls Region Championships
5 State Championships**

**24 Boys Region Championships
5 State Championships**

and counting . . .

The cross country team will have senior practices between Tuesday, May 26th and Friday, July 31st. The girls will meet at 8:30 a.m. and boys at 9:00 a.m. at the Chattahoochee River Park at the end of Columns Drive. The staff strongly encourages every athlete to participate in these workouts. If you are a rising 9th, 10th, 11th, or 12th grader, these practices will help you be prepared for the 12 minute run and more importantly, for the 2009 Walton XC season. 9th, 10th, 11th, or 12th graders **MUST** meet the minimum number of laps for their grade level to participate on the Walton Cross Country team for 2009. We will have three 12 minute runs for athletes to meet the standard.

12 Minute Run Standards

# of Laps	Pace per lap	
6 - ¼	1:55	9 th Girl
6 - ½	1:51	10 th Girl
6 - ¾	1:47	11 th Girl
7	1:43	12 th Girl
7 - ¼	1:39	9 th Boy
7 - ½	1:36	10 th Boy
7 - ¾	1:33	11 th Boy
8	1:30	12 th Boy

