



# ***PANTHER CROSS COUNTRY***



Want to be a State Champion?

Want to belong to a family (running family)?

Want to improve your endurance?

Want to begin a lifelong activity?

Want to improve for another sport?

Want to get improve your running?

**Join Middle School 6-8 or High School 9-12 Cross Country this year!!!**

MS girls and boys will compete anywhere from 1.5 miles to 2 miles.

HS girls and boys will run 3.1 (5k) for competition.

Competitions will be at parks, golf courses, and fields, not around a track.

Boys and girls need 4 runners per gender per team to earn a team score

Contact Coach Ben Sandy at [bsandy@sierragrandeschool.net](mailto:bsandy@sierragrandeschool.net) to learn more about what Panther Cross Country will look like in the Fall of 2020!!