

CIMS CROSS COUNTRY

WHEN:

Assigned Groups of 10 runners

Beginning approx. 10/19/2020

Mon-Thur 3:30-4:30 PM

Check in every day 3:15 PM

Practice days will depend on the group you are placed in.

WHO:

Prospective athletes

Students must have a physical and athletic packet on file BEFORE they can practice with the team. Must be done by the end of October or you cannot join. Join the fastest team at CIMS!

COVID Changes:

Many requirements are in place due to COVID. Please go through each of the following links for important information before signing up:

Click for [Athletic Packet](#)

Click for [XC Rules and Handbook](#)

Click for [Questionnaire](#)

**ALL GRADE LEVELS
AND ABILITIES ARE
WELCOME!!**



**THERE IS LIMITED
SPACE, SO GO OVER
THE INFO LINKS AND
SIGN UP ASAP!**

FOR MORE INFO:

Contact:

Mr. Nichols

jnichols@wvuhsd.org

or

Ms. Keiki

akeiki@wvuhsd.org

**MUST SIGN UP FOR
CIMS XC REMIND FOR
UPDATES/REMINDERS
Text @CIMSXC to 81010**

Approved by ASB