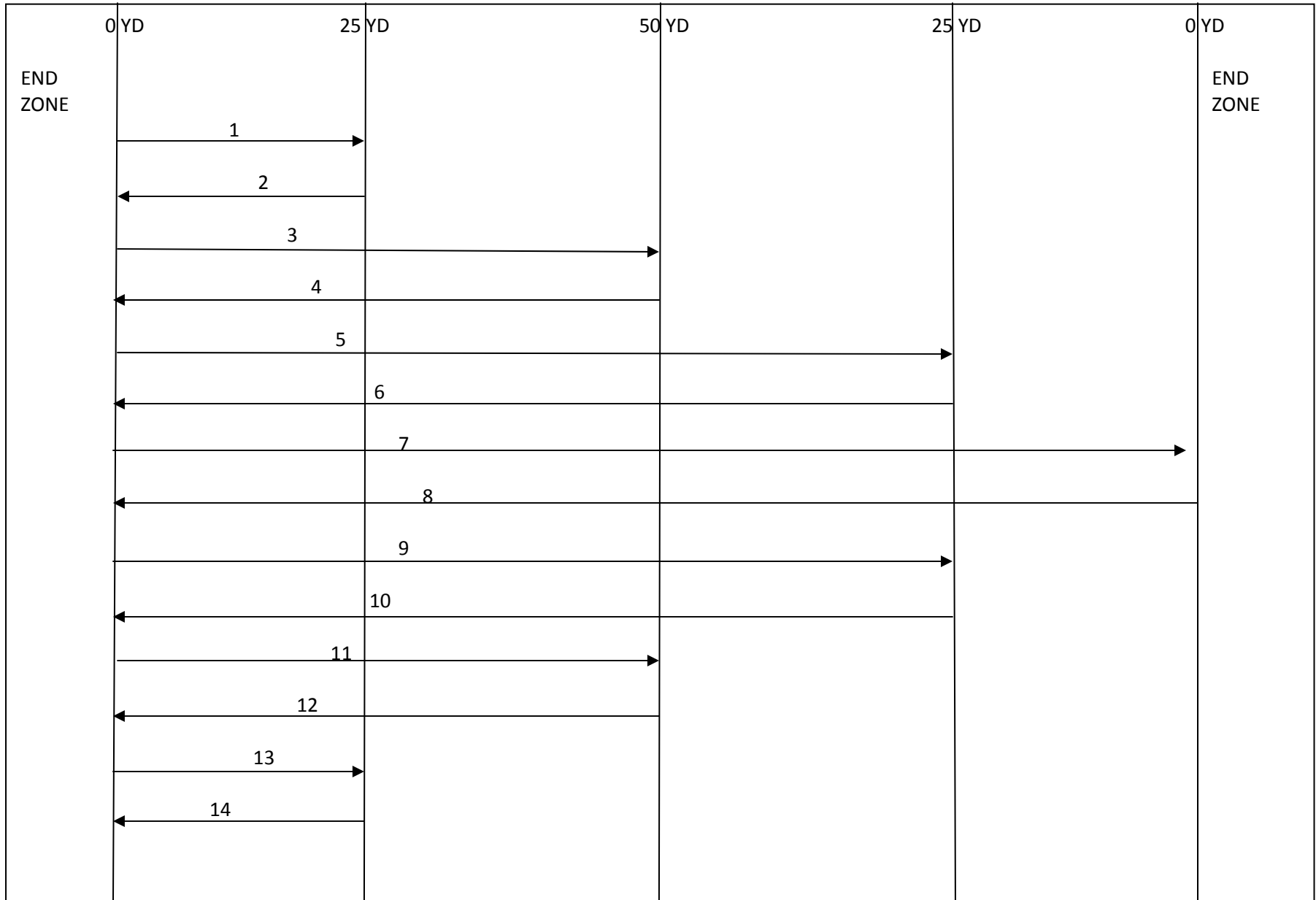


# 800 yard shuttle (complete 2x's)



The athlete must run the 800 yd shuttle twice (with an approximate 3-4 minute break in between). The athlete must have a combined time of:  
 Varsity Team– 7:00min      JV Team– 7:30min      Freshmen Team – 8:00min      Middle School – 9:00min  
 (Recommended)