

2025-2026 Cross Country Tryout Rubric

Tryout Number: _____

	Poor 2 points	Fair 3 pts	Good 4 pts	Excellent 5 pts
Tryout Attendance	Attended 0-1 days of tryouts.	Attended 2 days of tryouts.	Attended 3 days of tryouts.	Attended all 4 days of tryouts.
Preparedness -water, towel, proper clothing and footwear	Unprepared for tryouts.	Prepared for tryouts sometimes.	Prepared for tryouts most of the time.	Prepared for tryouts all of the time.
Social / Team spirit	Does not show respect for other student athletes. Does not encourage others.	Occasionally complains about other student athletes. Usually follows directives. Positive attitude some of the time. Pays attention some of the time.	Does not complain about other student athletes. Usually follows directives. Positive attitude most of the time. Pays attention most of the time.	Treats all student athletes with respect. Leads by example. Encourage others. Has a positive attitude. Follows directives. Pays attention.
Participation	Did not participate in most activities without hesitation or refused to participate.	Participated in some activities without hesitation.	Participated in most activities without hesitation.	Participated in all activities without hesitation.
Running	Fails or refuses to run. Unmotivated. Shows no effort to improve. No pacing is evident.	Rarely runs to the best of ability. Shows little effort to improve Some pacing is evident.	Generally runs to the best of ability. Shows some effort to improve. Pacing is evident.	Shows outstanding effort. Shows effort to improve. Pacing is consistently evident.
Time Trials (weighted for a triple point value)	1 mile female time band: <i>8:31 and higher</i> 1 mile male time band: <i>8:00 and higher</i> 2 mile female time band: <i>18:01 and higher</i> 2 mile male time band: <i>17:31 and higher</i>	1 mile female time band: <i>8:01 to 8:30</i> 1 mile male time band: <i>7:00 to 8:00</i> 2 mile female time band: <i>16:31 to 18:00</i> 2 mile male time band: <i>15:01 to 17:30</i>	1 mile female time band: <i>7:31 to 8:00</i> 1 mile male time band: <i>6:31 to 7:00</i> 2 mile female time band: <i>14:31 to 16:30</i> 2 mile male time band: <i>14:01 to 15:00</i>	1 mile female time band: <i>7:30 and under</i> 1 mile male time band: <i>6:30 and under</i> 2 mile female time band: <i>14:30 and under</i> 2 mile male time band: <i>14:00 and under</i>

Total Score: / 40