

Mannion Middle School

2026 Cross Country Tryouts and Intramurals



Tryouts and intramurals will take place on the field at Mannion Middle School.
Students should bring water, sunscreen, running shoes, and school-appropriate running attire.

2026-2027 Cross Country Intramural Schedule 6th - 8th Grade Girls and Boys Participation in intramurals is not required for tryouts.		
July Dates For All Students Who Are Interested		
Tuesday , July 28, 2026 8:00 AM - 9:00 AM	Wednesday , July 29, 2026 8:00 AM - 9:00 AM	Thursday , July 30, 2026 8:00 AM - 9:00 AM
August Dates For Students <u>Who Have Completed Registration in Aktivate by August 8, 2026</u>		
There will not be a late bus available for intramurals on August 11-13.		
Tuesday , August 11, 2026 2:00 PM - 3:00 PM	Wednesday , August 12, 2026 2:00 PM - 3:00 PM	Thursday, August 13, 2026 2:00 PM - 3:00 PM canceled

2026-2027 Cross Country Tryout Schedule Students must complete registration in Aktivate by August 17, 2026, to participate in tryouts. Students trying out will be expected to be able to run the following amounts for each day of tryouts: Tuesday: 10 minutes without walking Wednesday: 12 minutes without walking Thursday: 15 minutes without walking		
Tuesday , August 18, 2026 2:00 PM - 3:00 PM	Wednesday , August 19, 2026 2:00 PM - 3:00 PM	Thursday , August 20, 2026 2:00 PM - 3:00 PM

Expectations for the Mannion Cross Country Program

- Cross Country team members should be able to run a 2-mile course within 30 minutes.
- Cross Country team members must regularly attend practice to participate in contests.
- Intramurals and tryouts will occur exclusively on Mannion's campus. Practice routes may extend to low-traffic areas near campus, which will be monitored by the coach.