

Wheat Ridge Cross Country Team Selection

In order to join the WRHS cross country team you will need a current sports physical and be fully registered for cross country by following the sports registration process found on the Wheat Ridge High School website.

All athletes who sign up and fully register for cross country will be welcome and appreciated team members. There are no tryouts and no cuts. Please encourage friends and school acquaintances to join you on the team.

Our meet format throughout the season will vary with roughly half of the meets hosting a single varsity race which everyone on our team will compete in, and meets that split races into varsity and open races. All athletes on our team will run in every meet in either the varsity or the open race, with the exception of the Regional Championship and the State Championship meets. Those meets are varsity only.

We determine our varsity by meet placement through the season and we use head-to-head competition records throughout the season. We generally don't make coaches decisions, as the finish and placement is nearly always the clear and measurable selection. We only make coaching decisions when athletes have a very close back and forth record of head-to-head finishes. We then use times, number of defeats, consistency of base performances, and most recent pattern of current efforts. It is calculated and clear mathematic process.