

Casa Grande XC 2009

Each day keep track of how many minutes you run. Have a parent or guardian sign their initials in the appropriate box. This is on the honor system. Add 10 minutes per mile for any organized race. For example a 10k would be 60 bonus minutes: 500 minutes- Level 1, 700 minutes level 2, 1000 minutes level 3

	Date	Time Running	Points	Bonus	Parent Initials
Example	6/12/09	20 minutes	20/0		CT
Example	6/14/09	25 minutes	20/70	30	CT
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If you need more room make copies or write on the back of this paper. Due the first day of practice.

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