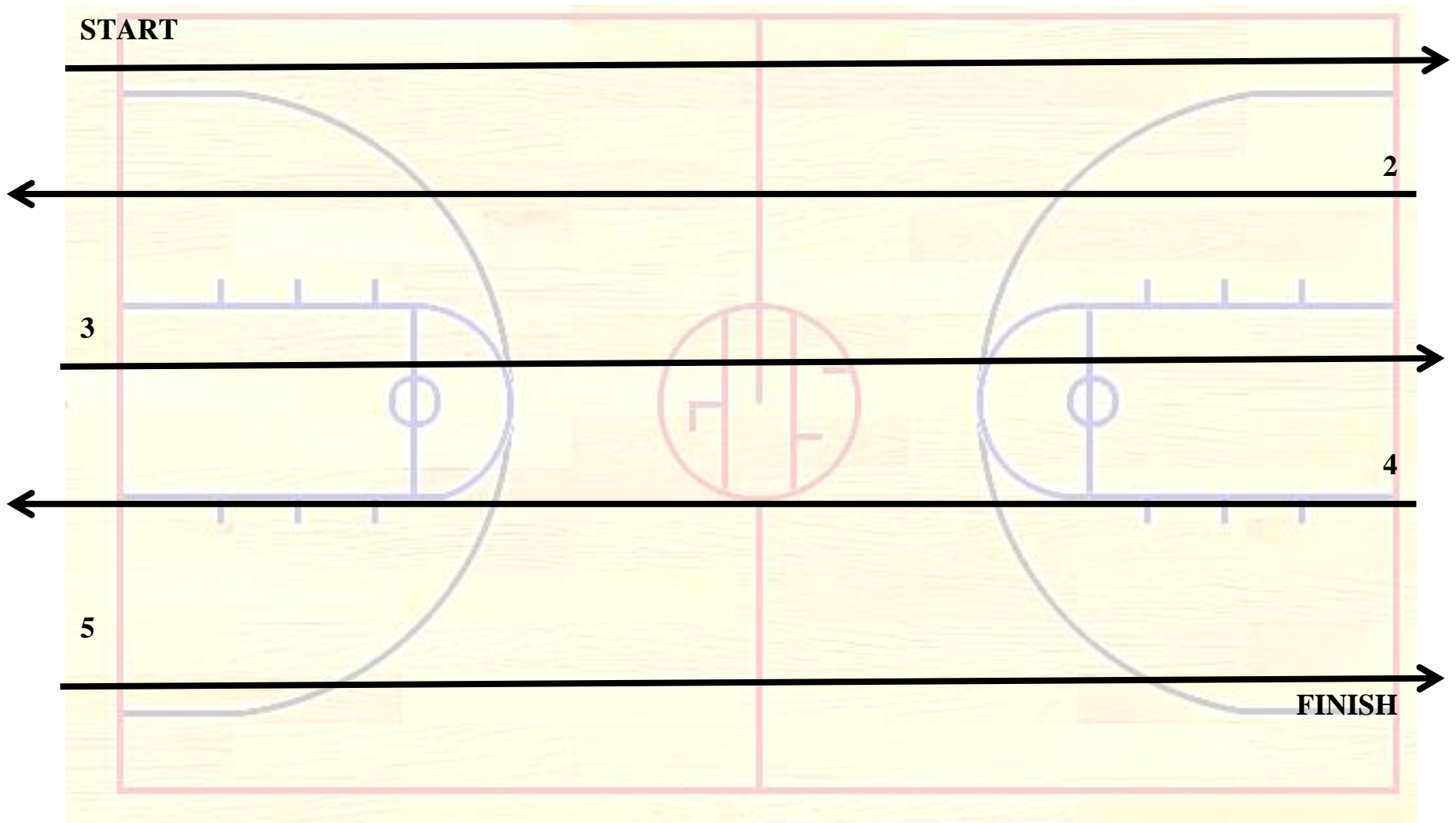


1 X 5 Run (Complete 5 X's)



1X5 times: Varsity = 2:45 min JV = 3:00 min 9A/9B = 3:15 min

Middle School: Each 1X5 needs to be 45 seconds or less