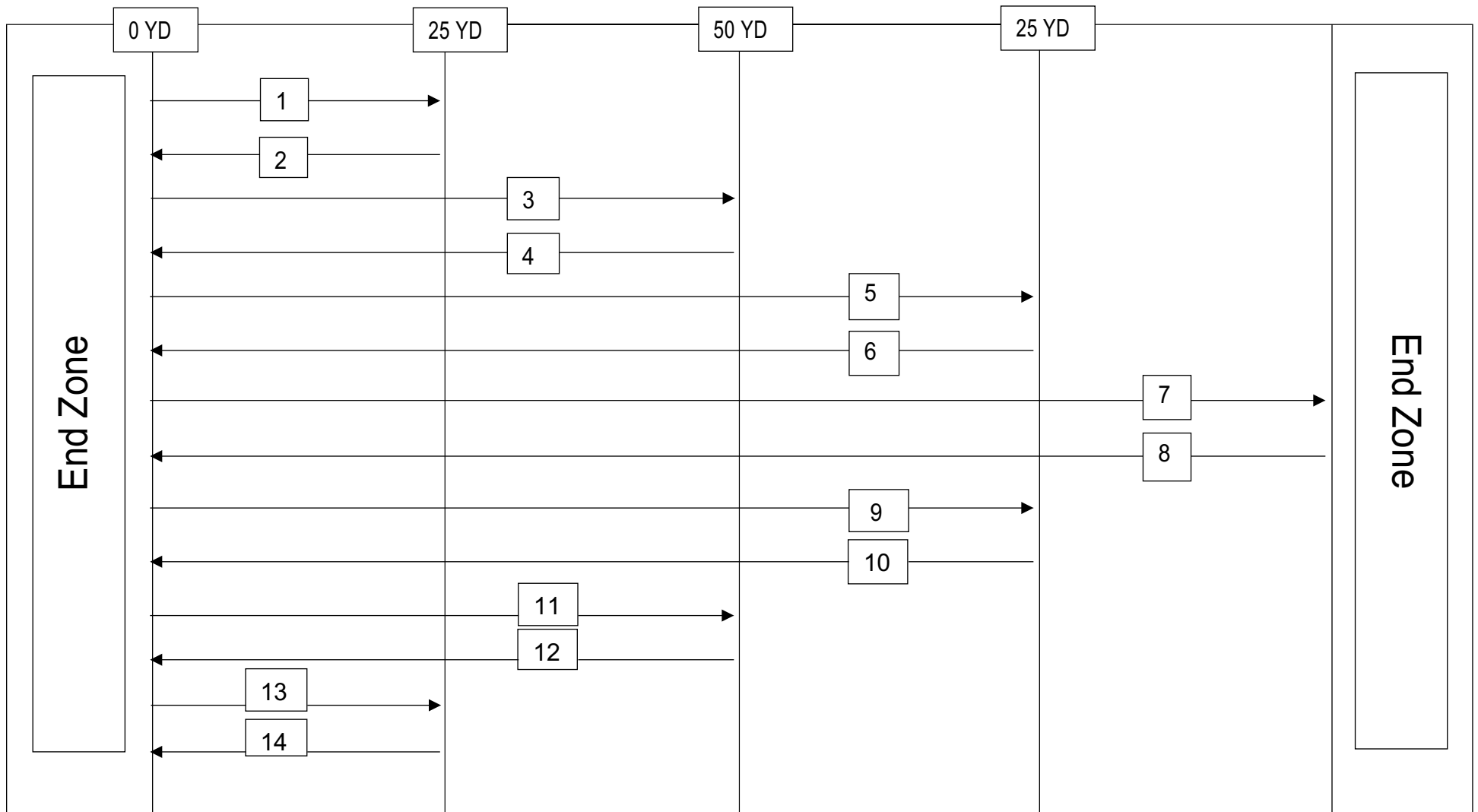


800 Yard Shuttle



800 Yard Shuttle Requirements

Varsity: 7:30 min total

Junior Varsity: 7:45 min total

Freshman A/B: 8:00 min total

*They will complete two 800 yard shuttles. The times above are the total time they are required to make for their team.

Example: Varsity player runs 1st 800 yard shuttle in 3:30 and 2nd 800 yard shuttle in 4:00. Those combined times equal 7:30 min and that player has passed the conditioning portion. Players will need to make these times in order to participate in a match. A player can still make a team but not make their 800 yard shuttle times. They will have every morning to retake their 800 yard shuttles until they get the required time.