

**VALPARAISO UNIVERSITY
CROSS COUNTRY & TRACK
QUESTIONNAIRE**

Name _____ Age _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Phone (_____) _____ Height _____ Weight _____ Year of Graduation _____

E-Mail _____

High School _____ Address _____

Head Coach _____ Head Coach's Phone (_____) _____

Rank ____ In Class of ____ SAT or ACT Scores: Math _____ Verbal _____ Grade Point _____

Major Interest of Study: _____ Minor Interest of Study: _____

Have you applied for admission to Valparaiso? _____ When? _____

Have you registered with the NCAA Clearinghouse? _____
Number _____

Best time for the following distances and year recorded:

Cross Country

Track

2 mile _____

4k _____

3 mile _____

5k _____

400 meters _____

800 meters _____

mile or 1600 meters _____

two miles or 3200 meters _____

Accomplishments in Cross Country or Track: _____

Weekly Mileage During Cross Country Season: _____ Do you run year round? _____

Injuries during the past two years: _____

Have you visited Valparaiso University? _____ When? _____

Any additional information: _____

Today's Date: _____

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