

Florida National University Runner Questionnaire



Personal Information

Name: _____ Grade: _____ Cellphone: _____
School: _____ Email: _____
Birthdate: _____ Shirt size: _____ Address: _____

Running Background

Current age: _____ # of years running: _____ Do you prefer cross country or track? _____
Highest weekly mileage (ever): _____ Highest weekly mileage (this year, XC or T&F): _____
Average weekly mileage: _____ Average long run: _____ Longest run (this year & ever): _____
Favorite event(s)? _____ Favorite workout? _____

Personal Records

400m (open or relay): _____ 1600m (or 1500m): _____ 5k cross country: _____
800m (open or relay): _____ 3200m (or 3000m): _____ 5k track / road race: _____

Injury History

Have you ever had any serious injuries? If so, please explain: _____

Academic Information

What major(s) are you interested in? _____
GPA (weighted): _____ GPA (unweighted): _____ SAT: _____ ACT: _____