

TRACK AND FIELD TRYOUTS

TUESDAY, JANUARY 13TH MIDDLE SCHOOL GIRLS

You may choose from the following:

- long jump /high jump
- shot put/discus
- 100 meter dash
- 300 meter dash
- 1600 meter run (7:30 or faster)

Athletes can choose which event(s) to try.

TUESDAY, JANUARY 13TH MIDDLE SCHOOL BOYS

You may choose from the following:

- long jump/high jump
- shot put/discus
- 100 meter dash
- 300 meter dash
- 1600 meter run (6:30 or faster)

Athletes can choose which event(s) to try.

GIRLS'
QR
CODE

7TH AND 8TH
GRADERS ONLY



BOYS'
QR
CODE

7TH AND 8TH
GRADERS ONLY



JANUARY 13TH -4:00 PM CHANGE IN THE BATHROOMS AT THE TRACK

Students will ride the transfer bus over to the high school and meet at the track gate closest to the JROTC building. You must have an up to date physical with you or have uploaded one to the forms document or Dragonfly. You will not be allowed to tryout if you do not have a physical.