2026 RGMS Track and Field – Tryout Information
Tryout Dates: Week of March 2nd – March 6th

Seneca Valley Middle School Track and Field is both **developmental** and **competitive**. Due to the growing popularity of the program, we will be utilizing a set roster management number for the purposes of safety. The exact number of individual athletes will not be pre-determined, but the combined roster (boys and girls) will not exceed 130 total athletes.

Roster management limitations will occur if:

- Participation exceeds safe coaching ratios
- Athletes do not meet **minimum performance or effort standards.**
- Athletes fail to meet **behavioral expectations.**

Selection is based on a combination of:

- Demonstrated effort and coachability
- Attendance and Commitment
- Team-First mindset and behavior.
- Performance relative to age and experience

General Tryout Process:
Each athlete will be assigned a **Bib Number** on the first day of practice. Athletes will be expected to wear their bib numbers to practice every day. During the first week, athletes will rotate through event related workouts and activities. Coaches will make observations about individual athletes, and monitor effort, behavior, and coachability. For a full description of behavior and commitment expectations, please refer to the **RGMS Track and Field Information Packet** or the RGMS Track and Field web page.

Assessment: The tryout week will end with a mock meet in which athletes will be able to participate in various time trials and assessment activities. The performances will be recorded and classified as Competitive (3), Developmental (2), or Emerging (1).

Announcing the Team: Due to the sheer number of athletes who try out for the team, we cannot have individual conferences with each athlete. After the results have been compiled by the Coaches, we will decide our final rosters for both boys and girls teams. The Coaches will announce the team by posting the list of **Bib Numbers** of the athletes who qualify. No names will be included on the list, and the list will be e-mailed out to parents as well. Athletes who qualify must report to practice the following week. If an athlete's number does not appear on the selection list, then unfortunately, he/she did not make the team and will not be permitted to attend practice.

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The table below outlines some of the performance standards that will be evaluated during the pre-season assessment. Athletes are not required to meet *competitive* standards to make the team. In addition, exceeding *competitive* standards does not guarantee a spot on the team. Athletes' overall behavior, effort, attendance, and coachability also affect the selection process.

EVENT		COMPETITIVE	DEVELOPMENTAL	EMERGING
100m	**BOYS**	< 13 s	13 - 14.5 s	> 14.5 s
	GIRLS	< 14 s	14 - 15.5 s	> 15.5 s
400m	**BOYS**	< 65 s	65 - 70 s	> 70 s
	GIRLS	< 68 s	68 - 75 s	> 75 s
1600m	**BOYS**	< 5:30	5:30 – 6:15	> 6:15
	GIRLS	< 6:15	6:15 – 7:00	> 7:00
Hurdles (50m)	**BOYS**	< 10 s	10 - 14 s	> 14 s
	GIRLS	< 11 s	11 - 15 s	> 15 s
Broad Jump	**BOYS**	> 6' 6"	6' 6" - 4' 6"	< 4' 6"
	GIRLS	> 6' 0"	6' 0" – 4' 0"	> 4' 0"
Vertical Reach	**BOYS**	> 9' 0"	9' 0" – 8' 0"	> 8' 0"
	GIRLS	> 8' 6"	8' 6" – 7' 6"	> 7' 6"
Discus	**BOYS**	> 75'	75' – 60'	< 60'
	GIRLS	> 60'	60' – 45'	< 45'
Shot Put	**BOYS (8 lb)**	> 30'	30' - 20'	< 20'
	GIRLS (6 lb)	> 25'	25' – 15'	< 15'

Additional Notes:

Participation Fee – Athletes trying out for track and field should NOT pay the Spring Sport Participation fee until AFTER the tryout has concluded. Once the athletes have been selected for the team, they will have until **March 18th** to pay the participation fee.

Commitment to the Program – Athletes who choose to participate in Track and Field should not participate in any other organized club sports/athletic activities if that participation is going to conflict with our practice and meet attendance requirements. If an athlete cannot give full commitment to the program, our practice hours, and meet schedule, they should not try out for the team.