

Booth Track Tryouts Timeline

READ ALL INFORMATION BELOW TO UNDERSTAND EXPECTATIONS FOR TRYOUTS

Physical paperwork due on [RANK ONE](#) no later than 12pm on Monday Feb 10th deadline–We cannot accept any physical paperwork when tryouts begin.

Track Teams:

Sprint Teams (10)B/G max – Will have to compete in 100M, 200M, 400M, 4x100M (teams A/B), 4x400 (team A)

Throwers 5B 5G max – Will have to compete in Discus and Shot Put

Jumpers 5B 5G max – Will have to compete in High, Long and Triple

Hurdlers 5B 5G max – Will have to compete in 100/110M H, 300M H

Distance- 10 min mile or less – Will have to compete in 800M, 1600M and/or 3200M, top 4 runners B/G will do 4x400M

You are to show up on all the days you are trying out for specific events as listed below

Monday Feb 10th

Sprints (Burke/Thompson/Darcy) 100M and 400M

Distance (individual 1 mile time) Lane 1/2

**We will post top 15 Sprinters Boys/Girls to compete for final spots on Tuesday-If you do not make top 15 sprint you have opportunity to jump, throw, distance on Tuesday/Wednesday

Tuesday Feb 11th

Jumpers/Hurdlers – Long, High Jump, Hurdles (Burke/Darcy)

Throwers (Thompson)

Sprint Final (Burke) Top 15 to 10 – 200M When done Burke go help Darcy at Jumpers

**post top 10 sprint *If you do not make the sprint team you can still tryout for Distance/Throwers/Jumpers on Wednesday.

Wednesday Feb 12th

Distance Posted Time (Darcy) (keep if 10 min and under)

Jump/Hurdles Finalized (top 5B/5G) (Burke)

Throwers Finalized *If needed* (top 5B/5G) (Thompson)

All Teams will be finalized by Wednesday Evening- Roster will be posted via Parent Square for the events you will be able to compete in – Practice will start on Thursday Feb 13th from 3:25-4:30pm (ride must be here no later than 5pm).

Remember that only the top two athletes/teams in each event go to the county championship. There are only 3 regular meets to try and get a qualifying time to earn a spot. Each individual athlete can only participate in a MAX of 4 events per meet.

***** Note the following for Tryout Max Times/expectations*****

Girls 400M (time needs to be 1:10 or less) (top 8 will be expected to run 4x400 at meets)

Boys 400M (time needs to be 1:00 or less) (top 8 will be expected to run 4x400 at meets)

Girls/Boys 1600M (10:00 min or less)

Girls/Boys 800M (under 4:00)

Girls/Boys Top 5 Jumps (Long Jump, Triple Jump, High Jump)

Girls/Boys Top 5 Throwers (discus, shot put)

Girls/Boys Top 5 Hurdles (Be able to confidently clear multiple hurdles, expected to do 100M/110M H, 300M)

Girls/Boys Top 10 Sprinters based on times running (100m, 200m, 400m) for A-Team/ B-Team (expected to run 4x100 & 4x400 at meet(s))