

UNIVERSITY HIGH TRACK & FIELD Tryouts
For non Winter sport athletes

- 1. Minimum QUALIFICATIONS to advance to second tryout**
- 2. Second tryout is the final cut and will help determine the athletes level of competition (first week of February)**

Event	Boys	Girls
100	14.0	16.0
200	28.0	33.0
400	1:00	1:15
800	2:40	3:15
1600	5:45	6:55
3200	12:00	14:00
100 HH	----	22.0
110 HH	20.0	----
300 IH	60.0	65.0
HJ	4'8"	4'0"
LJ	16'	12'
TJ	30'	24'
SP	30'	20'
Discus	60'	40'

- 1. Completed physical and emergency card**
- 2. Completed parent volunteer sheet**
- 3. Signed participation contract**