

San Clemente Track & Field - Preseason Information

- I. **Athletic Clearance**: All athletes must have their physical exam clearance completed prior to tryouts on January 5, 2016. Clearance paperwork can be obtained in the main office, in the athletic director's office or by visiting the athletic department web site at www.scritons.com/athletics. Once completed, the paperwork should be turned in to the athletic director.
- II. **Track Class**: After tryouts are completed, the head coaches will send a list to all guidance counselors so that they can enroll those who made the team in the 6th period track & field class. **Note: The guidance counselors have been instructed not to enroll anyone in the track class without approval from the head coach.**
- III. **Try-Outs**:
- A. Try-outs for anyone **not currently involved in a winter sport**, will be held as follows:
 1. Tuesday, 1/5/16 from 2:00 pm - 4:30 pm
 2. Wednesday 1/6/16 from 3:00 pm - 5:00 pm
 3. Thursday 1/7/16 from 1:30 pm - 4:30 pm**** Note: if you have a 6th period class, report for tryouts as soon as your 6th period class has ended.**
 - B. **All new athletes, and athletes who have not previously made at least one of the qualifying standards, must try out.** Returning team members will still be expected to make the qualifying standards in your events or you will not be allowed to remain on the team.
 - C. Once the athlete has made the team in one event, he/she may try out for other events, but you must make the qualifying mark for each event that you wish to compete in. See attached page or go to www.tritonrunning.com for a list of standards.
 - D. **Athletes who are currently involved in a winter sport are not required to attend. You will be given a try-out period after their winter sport has ended. Please see Coach Johnson or Coach Proodian to arrange an alternate tryout date.**
- IV. **Practice**: The season officially begins **Monday 1/25/16**. Beginning that day, and for the remainder of the season, practice will start during 6th period and continue after school until your event coach or the head coach dismisses you.

For more information about San Clemente Track & Field, See Coach Johnson in P.40, or Coach Proodian in 501, or visit our website at www.tritonrunning.com.

San Clemente Track & Field Qualifying Standards

In order to compete for the San Clemente High School Track & Field Team, all athletes must meet the minimum qualifying standard for each event they wish to participate in.

Boy's Standards

| Event | Boys 12th & 11th Grade | Boys 10th & 9th Grade |
|--------------|--|--|
| 100 meters | 12.0 sec | 12.8 sec |
| Hurdles | 12.4 sec for 100 m <u>and</u> 44 sec for 300 m | 13.3 sec for 100 m <u>and</u> 46 sec for 300 m |
| 400 meters | 58.0 sec | 60.0 sec |
| 800 meters | 2:25.0 | 2:30.0 |
| 1600 meter | 6:00.0 | 6:15.0 |
| Long Jump | 17' 6" | 16' 6" |
| Triple Jump | 35' 0" | 32' 0" |
| High Jump | 5' 0" | 4' 8" |
| **Shot Put | 12th - 40' 11th - 38' | 10th - 35' 9th 30' |
| **Discus | 12th - 120' 11th - 110' | 10th - 90' 9th 70' |
| **Pole Vault | 10' 0" | 10th - 9'0" 9th - 8'0" |

Girl's Standards

| Event | Girls 12th & 11th Grade | Girls 10th & 9th Grade |
|--------------|--|--|
| 100 meters | 13.8 sec | 14.1 sec |
| Hurdles | 14.3 sec for 100 m <u>and</u> 52 sec for 300 m | 14.6 sec for 100 m <u>and</u> 54 sec for 300 m |
| 400 meters | 68.0 sec | 70.0 sec |
| 800 meters | 3:00.0 | 3:00.0 |
| 1600 meter | 7:00.0 | 7:15.0 |
| Long Jump | 14' 6" | 14' 0" |
| Triple Jump | 28' 0" | 27' 0" |
| High Jump | 4' 4" | 4' 0" |
| **Shot Put | 27' 0" | 10th - 25' 0" 9th 23' 0" |
| **Discus | 80' 0" | 60'0" |
| **Pole Vault | 10' 0" | 10th - 9'0" 9th - 8'0" |

****Due to the technical nature of the shot put, discus and pole vault, exceptions can be made by the event coach for athletes who show potential. Pole vault athletes will be required to take a physical fitness test to insure that the athlete is physically capable of performing the event safely.**

Girls Pole Vault Fitness Standards

| | | | |
|--------------------|-----|-----------|---------|
| Sit Ups in 60 secs | 25 | 40 meters | 6.2 sec |
| Vertical Jump | 12" | Long Jump | 11'0" |
| Pushups in 30 secs | 15 | | |

Boys Pole Vault Fitness Standards

| | | | |
|--------------------|-----|-----------|---------|
| Sit Ups in 60 secs | 45 | 40 meters | 5.2 sec |
| Vertical Jump | 18" | Long Jump | 15'0" |
| Pushups in 30 secs | 25 | | |

Revised 11/18/15