

The coaching staff will conduct time trials during the first official week of the 2013 track & field season. The schedule of events is the following:

Monday, February 25th - 100-meter dash

Tuesday, February 26th - 100-meter dash

Wednesday, February 27th - 400-meter dash & 800-meter run

Thursday, February 28th - 400-meter dash & 800-meter run

Every student who would like to compete for a position on the track team, meaning those **who would like to participate in running or jumping events**, will need to participate in at least two of the three time trial distances above. The choices are the following:

- (A) compete in all three time trials
- (B) compete in the 100-meter dash and the 400-meter dash
- (C) compete in the 400-meter dash and the 800-meter run (NOT on the same day!)

Plan your week accordingly. **Competing in one race is not enough!**
Showing up for only one of the four days is not enough!

We only have 75 positions available on the Piney Grove Team, and these 75 positions also include the athletes who will be participating in exclusively throwing events (Coach DuVal will explain the selection process for those students). This year has seen a high amount of initial interest in joining our team (roughly 1/7 of the student body has participated in our track conditioning workouts) so earning a place on the team will be competitive. The running and jumping events are listed on the following page, along with the numbers of athletes that compete in each event. Keep in mind that some runners compete in multiple events at each meet.

100-meter dash *participate in our 100-meter time trial to be considered. 8 boys and 8 girls compete in events of this distance at every meet.*

200-meter dash *participate in our 100-meter time trials to be considered. 3 boys and 3 girls compete in this event at every meet.*

400-meter dash *participate in our 400-meter time trial to be considered. 8 boys and 8 girls compete in events of this distance at every meet.*

800-meter run *participate in our 800-meter time trial to be considered. We have entered as many as 32 athletes in the past in this event.*

1600-meter run *participate in our 800-meter time trial to be considered. 5 boys and 5 girls compete in this event at every meet.*

100-meter hurdles *participate in our 100-meter time trial to be considered. 3 boys and 3 girls compete in this event at every meet, and the maximum number of hurdlers we train is eight.*

Long jump *participate in our 100-meter time trial to be considered. 3 boys and 3 girls compete in this event at every meet, and the maximum number of long jumpers we train is ten.*

High jump *participate in our 100-meter time trial to be considered. 3 boys and 3 girls compete in this event at every meet, and the maximum number of high jumpers we train is eight.*

NOTE: You are welcome to try multiple times at each distance during the tryout week (meaning you can run the 100-meters both on Monday and Tuesday - we'll keep the better time).