

## TRY-OUT MARKS

GIRLS			Event	BOYS		
Frosh/Soph		Varsity		Frosh/Soph		Varsity
14.5		13.7	<b>100m</b>	12.25		12
31.0		29.0	<b>200m</b>	26.0		25.0
1:11		1:07	<b>400m</b>	1:00		58.0
2:50		2:37	<b>800m</b>	2:31		2:11
6:40		6:05	<b>1600m</b>	5:40		5:10
14:05		13:05	<b>3200m</b>	12:30		10:50
22.1		20.4	<b>100 hh</b>	21.1		19.1
59.1		52.9	<b>300 h</b>	52.1		46.9
3'10		4'4	<b>High Jump</b>	4'8		5'
13'0		14'6	<b>Long Jump</b>	16'0		18'6
27'0		29'0	<b>Triple Jump</b>	32'0		36'0
20'	MUST HIT	22	<b>Shot Put</b>	27'	MUST HIT	31'
55'	BOTH MARKS	60	<b>Discus</b>	65'	BOTH MARKS	80'
Coach Mancia		Coach Mancia	<b>Pole Vault</b>	Coach Mancia		Coach Mancia

All returners must try out and make the marks to be on the team before Semester 1 ends. If you do not make the mark by the January 10th try-out you will not be on the team. This year there are no dual meets which means you will have to qualify for invitationals in order to compete this year.

**Try out dates:  
December 13th, 3pm @ WHS Track**

**January 10th, 3pm @ WHS Track**