

## TRY-OUT MARKS

<b>GIRLS</b>		<b>Event</b>	<b>BOYS</b>	
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
1:10	1:07	<b>400m</b>	1:01	59.0
2:55	2:37	<b>800m</b>	2:31	2:11
6:40	6:10	<b>1600m</b>	5:45	5:15
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'
11'0	13'0	<b>Long Jump</b>	14'0	17'0
26'0	30'0	<b>Triple Jump</b>	31'0	35'0
15'	20'	<b>Shot Put</b>	25'	30'
45'	50'	<b>Discus</b>	50'	70'
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.

### Try out dates:

**December 13th, 3pm @ WHS Track**  
**January 16th, 3pm @ WHS Track**  
**January 22nd, 3pm @ WHS Track**