**SSMS Track & Field Tryout Schedule**

Students only attend the days of the trials for events in which they want to compete.

**Wednesday** (3/6) - All athletes - take attendance, review expectations, and sign up for tryouts.

Team Dynamic Stretch

Demonstrate & practice field events

**Thursday** (3/7) - 3:00 - Girls’ 1600m Run

3:00 – Boys’ Shot/Girls’ Discus

4:00 – Boys’1600m Run

4:00 – Girls’ Shot/Boys’ Discus

**Friday** (3/8) – 3:00 – Girls’ 100m Dash

3:20 – Boys’ 100m Dash

3:40 – Girls’ 200m Dash

4:00 – Boys’ 200m Dash

4:15 – Girls’ 400m Dash

4:30 – Boys’ 400m Dash

**Monday** (3/11). 3:00 – Boys’ Long Jump

3:30 – Girls’ Long Jump

4:00 – Girls’ Hurdle Practice

4:00 – Boys’ Long Jump (continued)

4:15 – Boys’ Hurdle Practice

4:15 – Girls’ Long Jump (continued)

**Tuesday** (3/12). 3:00 - Boys’ 800m Run

3:00 – Girls’ High Jump

3:10 – Girls’ Hurdles

3:30 – Girls 800m Run

3:30 – Boys’ High Jump

3:40 – Boys’ Hurdles

4:00 – Make-ups or continuation of any events

**Wednesday** (3/13) 8:00 A.M. – Team Rosters will be posted outside locker rooms, gym entry, and B-300.

3:00-4:00 - Team Meeting in Gym