

San Clemente Track & Field - 2024 Preseason Information

Athletic Clearance: All athletes must have their physical exam clearance completed prior to tryouts on December 11, 2023. Clearance is completed entirely online through the athletic department website at <https://www.sanclementeathletics.com/athletic-clearance>.

- I. **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.**

II. **Try-Outs:**

- A. Try-outs for anyone **not currently involved in a winter sport**, will be held as follows:
- | | |
|------------------|------------------------------|
| Monday Dec 11 | Starting Per 6 - 2:30 - 4:30 |
| Tuesday Dec 12 | Starting Per 6 - 1:30 - 4:30 |
| Wednesday Dec 13 | Afterschool - 3:20 – 4:30 |

**** 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:** Athletes who make the team will start training during the 6th period class beginning with the start of the spring semester in January.

For more information about San Clemente Track & Field, contact Coach Johnson at drjohnson@capousd.org, or Coach Proodian at dgproodian@capousd.org, 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 meters	13.3 sec for 100 meters
400 meters	58.0 sec	60.0 sec
800 meters	2:25.0	2:30.0
1600 meter	5:45.0	6:00.0
Long Jump	17' 8"	16' 8"
Triple Jump	35' 0"	32' 0"
High Jump	5' 5"	5' 2"
**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 meters	14.6 sec for 100 meters
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' 6"	4' 4"
**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 10/25/23