

San Clemente Track & Field - Preseason Information

Tryouts for the 2020 season – December 10, 11, 12 / 2019

I. **Athletic Clearance:** All athletes must have their physical exam clearance completed prior to tryouts on December 10, 2019. Clearance paperwork can be completed by visiting the athletic department web site at <https://www.sanclementeathletics.com>. Once completed, three documents must be turned in to the athletic director. (1) Verification of completion receipt from the online process (2) A copy of your physical exam paperwork and (3) A copy of your insurance card. **If you participated in a fall or winter sport at SCHS, please notify the athletic director's office that you will trying out for track & field so that your physical clearance paperwork is transferred from the previous sport.**

II. **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.**

III. Try-Outs:

- A. Try-outs for anyone **not currently involved in a winter sport**, will be held as follows:
1. Tuesday 12/10 - from 2:00 pm - 4:30 pm
 2. Wednesday 12/11- from 1:30 pm - 4:30 pm
 3. Thursday 12/12 - from 3:00 pm – 5:00 pm
- ** 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 your winter sport has ended. Please see Coach Johnson or Coach Proodian to arrange an alternate tryout date.**

IV. **Practice:** The season officially begins **Monday 1/6/2020**. Beginning that day, and for the remainder of the season, practice will start during 6th period and continue after school until your event coach or the head coach dismisses you.

For more information about San Clemente Track & Field, See Coach Johnson in P.40, or Coach Proodian in 501, 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
Sprints / Hurdles	12.0 sec	12.8 sec
400 meters	58.0 sec	60.0 sec
800 meters	2:25.0	2:30.0
1600 meter	6:00.0	6:15.0
Long Jump	17' 10"	16' 10"
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
Sprints / Hurdles	13.8 sec	14.1 sec
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	15' 6"	15' 0"
Triple Jump	28' 0"	27' 0"
High Jump	4' 6"	4' 3"
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 Field events, 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 10/16/18