

When are tryouts?

Monday March 24th - Thursday March 27th for all interested athletes - check your email!

Where do I go?

The first week we will meet in the SLC at 3pm before we break into groups for Tryouts - but check your email daily!!!

How long is a practice?

Practices generally last 1 hour plus each group has 2-3 weight room sessions per week

What if I am involved in a sport currently in season?

You can join our team when your sport is over

Multi sport athletes are generally high level performers in track and field

How many make the team?

Our Sprint group is approximately 30-40 sprinters plus a handful of throwers/jumpers

Our Distance group is approximately 30-35 runners most seasons but we are always looking for great distance runners!

Who will be my coach?

If you are a distance runner - you will workout with our Assistant Coach - Christian Alvarado

If you are a thrower - you will workout with our Assistant Coach - Keith Hellstern

If you are a jumper or a hurdler - you will workout with our Assistant Coach Elijah Langston

If you are a sprinter - you will workout with Craig Davis, Elijah Langston, Mark Langston

When will the team be announced?

For most athletes, making the team will be a quick determination. Our coaches will give you feedback on the first day that they see you!

If you do not make the sprint group, you can join the distance group

No one has ever been cut from the distance group

The true tryouts are for the sprint group.

What will tryouts look like?

Sprinters - speed work with timing and athletic assessment

Throwers - speed work and throwing

Distance - speed based distance running evaluation and time trial

Jumpers - speed work and athletic assessment,

Will distance runners run outside in the cold during Outdoor Season?

YES!

You will need to dress appropriately during the spring

What gets you cut?

Limited ability and/or poor attendance during tryouts

Bad attitude or bad influence on other athletes

NOTE: A track meet consists of one school's best athletes competing against other schools best athletes!

Track is NOT a recreational sport

Participation in the MEETs is EARNED

When is practice?

Sprinters/throwers/jumpers practice Monday - Thursday from 3-4pm plus have TEAM LIFT - Monday/Wednesday at 4pm and Friday at 3pm

Distance crew practices Monday - Friday 3-4pm plus have TEAM LIFT Tuesday/Thursday at 4pm

Is practice and lift mandatory?

Good athletes DO NOT MISS PRACTICE!!!

If you have an academic conflict, are not in school, or have a personal reason to miss practice you need to notify Coach Mark Langston during the school day

Schedule your doctor and dentist appointments after practice

Multiple absences may result in dismissal from the team

What equipment do I need?

Running shoes for practice and spikes for the meets

If you do not want to wear black tights at the meets - a pair of solid black shorts or Black shorts with FP

Marathon Sports Shoe Night - Thursday March 27th 5pm - 8pm at

Marathon Sports in Fairfield - DISCOUNTED shoes/spikes plus they offer shoe fittings to any of our athletes

How many meets do I get to attend?

All athletes will have the opportunity to attend up to 5 dual meets in the spring

Our top athletes will compete in the SCC West Sectional Meet on May 19th with the top finishers advancing to the SCC Championship Meet on May 27th

Our top athletes will advance to the CIAC Class LL Championship - Monday June 2, 2025

[LINK](#) for CIAC Class LL Qualifying Standards

How do I get to the meets?

Prep provides a bus to all of our SCC Meets and the CIAC State Championships as well. All athletes are expected to travel on the bus with the team.

Sprint Events

100m
200m
400m
4x100m relay
4x400m relay
110m hurdles
300m hurdles

Distance Events

4x800m relay
800m
1600m
3200m

Field Events

Long Jump
High Jump
Shot Put
Javelin
Discus
Triple Jump