

Track Info for Class

- Track is a team made up of students who have tried out and have the best time/jump/throw out of the entire grade level. It is not a club like cross country.
- Tryouts for the track team will be during your PE class starting in March and going until all tryouts are complete.
- You are not required to try out for track. If you choose not to, you will be given an alternate activity during PE.
- Makeups are only for students whose parents have contacted me about their absence during PE.
- You will not officially find out if you made the team/what event you made until ALL classes have tried out for ALL events.
- There are 7 events total (6 for 3rd grade).
 - 100
 - 200
 - 400
 - 4x100 relay
 - Standing Long Jump
 - Running Long Jump
 - Shot Put (4th and 5th only)
- There is no tryout for the running long jump. If you are the record holder for the standing long jump, you are automatically in for running long jump.
- You will get 1 practice jump and 2 official jumps and 1 practice throw and 2 official throws.
- You must have on tennis shoes to try out. No crocs, boots, keens etc.