

Northview's Track & Field Tryouts

Every student-athlete who would like to compete for a position on Northview's Track and Field team, will need to participate in **our six day tryout sessions**. This is a format we use to ensure we have each student-athlete at their best event from the start of the season.

What tryouts will look like:

- A) Coach Banks - Standing Long Jump & Vertical Jump Trial
- B) Coach Carter-Mendoza - 60m time trial
- C) Coach Garner - 400m time trial
- D) Coach Hiland - Discus measured distance
- E) Coach Thatcher - Shot Put measured distance
- F) Coach Yencer - 800m time trial

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="font-size: small; margin-bottom: 5px;"> February Su M Tu W Th F Sa 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 </div> <div style="font-size: x-large; font-weight: bold; margin-bottom: 5px;">March 2024</div> <div style="font-size: small; margin-bottom: 5px;"> April Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div>					1	2
<div style="font-size: x-small; margin-bottom: 5px;"> J = Jumps S = Sprints MD = Mid Distance LD = Long Distance SP = Shot Put D = Discus </div>		5 Tryouts Day 1 6G - SP & 6B - D 7G - J & 7B - S 8G - MD & 8B - LD	6 e-Learning Day	7 Tryouts Day 2 6G - D & 6B - SP 7G - S & 7B - J 8G - LD & 8B - MD		9 Great North Run 1K or 5K
3	4	12 Tryouts Day 4 6G - D & 6B - MD 7G - D & 7B - SP 8G - S & 8B - J	13 Tryouts Day 5 6G - J & 6B - S 7G - MD & 7B - LD 8G - SP & 8B - D	14 Tryouts Day 6 6G - S & 6B - J 7G - LD & 7B - MD 8G - D & 8B - SP	15 80/90 athlete roster set	16 Canvas messages sent. Email sent to parents.
10	11 Tryouts Day 3 6G - MD & 6B - D 7G - SP & 7B - D 8G - J & 8B - S					

*If you are a thrower and know you don't want to run, you can participate in throws all 6-days.

We only have 80-90 positions available on Northview's Track & Field Team. Not only will the coaches look at skills during tryouts, but also behavior.

Sprints - 30 athletes (15 females/15 males)

Distance - 30 athletes (15 females/15 males)

Throws - 20 athletes (10 females/10 males)

Jumps/Mid - Pull from sprints & distance but may keep up to 10 extra athletes

Sign up on joinpd.com (PearDeck)

Code: rxrtft (r x r t f t - no spaces)