

Samahi

Track & Field

Try-outs: 9a.m. - Saturday, December 19, 2015
 Saturday, January 16, 2016
 Saturday, February 13, 2016

Have: A Current Physical & 2.0 GPA
 Bring: \$7 for Timing

Standards



Sprinting

• F / S Girls	
100m	15 sec
200m	32 sec
• F / S Boys	
100m	13 sec
200m	28 sec
• Varsity Girls	
100m	14 sec
200m	30 sec
• Varsity Boys	
100m	12 sec
200m	26 sec



Long Jump

• F / S Girls	13'
• F / S Boys	14'
• Varsity Girls	15'
• Varsity Boys	18'



Shot Put

• Varsity Girls Shot	25'
• F / S Girls Shot	20'
• Varsity Boys Shot	35'
• F / S Boys Shot	30'



Distance

• F / S Girls	Returning	New Comers
400m	66	68
800m	2:50	3:00
1600m	6:15	6:30

• F / S Boys		
400m	56	58
800m	2:20	2:30
1600m	5:15	5:30

• Varsity Girls		
400m	64	65
800m	2:35	2:45
1600m	5:30	5:50



High Jump

• F / S Girls	4'0"
• F / S Boys	4'6"
• Varsity Girls	4'6"
• Varsity Boys	5'2"



Discus

• Varsity / F / S Boys	75'
• Girls	60'

• Varsity Boys		
400m	55	56
800m	2:08	2:15
1600m	4:55	5:00