**2022-2023 Indoor Track Tryout Rubric & Qualification Standards**

**Event Class Male Female**

400m 9th 1:05 1:15

10th-12th 1:00 1:10

200m 9th 28 31

10th-12th 26 29

1600 9th 5:15 6:15

10th-12th 5:00 6:00

Shot Put 9th 28’ 24’

10th-12th 32’ 28’

These qualifying events will be evaluated over the first few days of tryouts. We will get down to our final roster no later than the third day of tryouts.

Athletes are not required to try out for all 4 of the events above, but you will only be evaluated on the events that you participate in during tryouts.

Athletes should give their all when trying out. Each athlete is granted one tryout per event. A makeup day will be available only for an excused absence communicated in advance.

If these standards are not met by enough athletes to fill the numbers we are looking for, we will use the next best qualifying times and other criteria per coach’s discretion. Other criteria includes but is not limited to the following:

* Attendance and punctuality – Effort – Estimated ability/Coachability – Desire – Competitiveness – Behavior – Field event potential – Sportsmanship

If the number of athletes achieving these times exceeds our event limits we will keep the best times up to the following maximum limits: Distance: 15 athletes per gender, Sprints: 25 athletes per gender

**Decisions on the team roster are made using all above criteria and the final decision is based on Head Coach’s discretion.**