

# **Cumberland Academy Boys Track and Field Tryouts**

## **January 16-18 - 3:45 PM**

**Every student who would like to compete for a position on the track team, meaning those who would like to participate in running, jumping, or throwing events, will need to participate in at least two of the three time trial distances below. The choices are the following:**

**We will still warmup as usual.**

**January 16:**

**200M Sprint w/ Coach Cox / Ritter**

**1600M Run w/ Coach Ritter / Cox**

**Shot Put w/ Coach Templain**

**January 17:**

**400M sprint - w/ Coach Ritter / Cox**

**Discus - w/ Coach Templain**

**January 18:**

**800M w/ Coach Ritter/Cox**

**100M w/ Coach Ritter/Cox**

**Plan your week accordingly. Competing in one race is not enough! Showing up for only one of the three days is not enough! This year has seen a high amount of initial interest in joining our team so earning a place on the team will be competitive. We will take into strong consideration to the athletes that have followed rules with attendance. We can choose to have up to three team members in each event on varsity and JV. Some athletes will compete in more than one or two events. If you do not make the Varsity or JV you can still choose to practice and be an alternate (injury, illness, grades, behavior unfortunately do occur) and/or prepare for the 2019 cross country season.**