**Girls Track and Field**

**Team Selection**

**“You will reap in races what you sow in training”**

Track and Field consists of multi events.  The athlete practice according to the event that each participates in.  All athletes regardless of the event will complete some type of running.

**“Determination, hard work, positive attitude, responsibility, and self-discipline are the keys to O’Connor track and field success.”** Track runners are expected to exude these qualities.  Due to these qualities, the O’Connor girls track team has been one of the most competitive teams in our district and city for the past twenty one years.  Enforcing these qualities will help them be responsible, successful and productive individuals.

**Team Selection:**

**All athletes in the 8th period athletic class will have their team try outs on January 22nd.   For those athletes that are not in the 8th period track class, tryouts will be Feb. 10th.   If the athlete makes the team; the athlete must enroll in the athletic period that is offered during the school year, unless she is in another sport.  The athletes will have to meet certain times at the end of the fall and spring semester in order to remain in the athletic period.**

**The following are guidelines for selecting the Varsity team. The athlete must meet the least acceptable times and distances.  Good attitude is extremely important. The athlete must complete every practice with great effort.**

**VARSITY TEAM SELECTION**:  For all runners and field events, the following are the least acceptable times and distance:

**For runners:** Practice times and track meet performance are considered important. The least acceptable times are: 100(12.7-13.0),200(26.0-27.0),100H(16.5),300H(47.0-48),400(1.00-:02),800(2:30-35),1600(5:30-35),3200(12:30-:35) Top 3 per event will attend  varsity meets if times are met.  Meet performance is important and always considered.

**For Jumpers:** Minimum jumps are as follows:  Long (16’ plus), triple jump (34’ plus), high jump (4’10” plus), pole vault (8’6 plus).

**Throwers:**   The least acceptable distance:   Shot (30’ plus), discus (90’ plus).

**Relays:**  Top four best runners for the event. (Official times are recorded at every meet)

 Varsity runners have to work hard in the classroom and at practice to keep their position.  The remaining of the runners will run Junior Varsity, if the make the least acceptable times attached for J.V.   Varsity positions are open to the best times and distances from the Junior Varsity.

**Participation:**

 **In order to participate in the varsity level, the athlete must meet the acceptable times and distances above.  For Junior Varsity, only top 3 per event will compete at the track meets if:  the athlete meets the least acceptable times/distances listed below, attends practice as required (first three days of spring break are included), and must be eligible.**

**NOTE:  Not everyone competes at the district meet.  Decisions for the district meet will be made in the best interest of both teams.  The athletes will compete in the team that will benefit their performance the best.  There are times that athletes are moved down to the Junior Varsity team at our district meet because they have a better opportunity to score.  The coach will place the athletes in the event(s) that will best benefit the team.**

 \*At track meets, it requires dedicated teamwork.  The team members depend on each other for the points.  The team will support one another and compete to the best of their ability.

**I have read and understand the procedure for the team selection and participation.**

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                Student                                                              parent   date

**“An athletic sport is a privilege and not an obligation”**

**Coach G. De La Torre, Head Girls Track & Field/cross country**

 Least acceptable times for Junior Varsity are:  first 3 meets.

100m.:  14.30 sec.

200m:  30 sec.

400m:  1:07

100H:  17-18 sec.

300H:   52-54 sec.

800:   3:00-3:15           boys:  2:05-2:10 Varsity     2:20-25Junior Varsity

1600:  6:30-6:40 boys:  5:00-5:15 varsity      5:20-25 Junior Varsity

3200:  14:00-14:45 boys:  10:00-10 Varsity      10:15-20 Junior Varsity

Long jump:13’0’’

Triple jump: 28’0”

Throws:

Shot-25 ft.

Discus 75ft.

Pole vault: 7’0 feet

High jump:  4’6”