

# **2024 NORTH ALLEGHENY MIDDLE SCHOOL TRACK & FIELD**



**To All Prospective Middle School NATF Student Athletes and Parents/Guardians,**

As a coaching staff, we are thrilled you are interested in joining our team and we are very excited to get the season underway! The purpose of this email is to provide information on registration and tryouts. Our first day of tryouts/practice is on Monday, March 4<sup>th</sup>. This handout along with any information regarding our team will be on our website: <http://www.northallegheny.org/track>. If you have questions after reading this, please contact Coach Robertson at [erobertson@northallegheny.org](mailto:erobertson@northallegheny.org) and Coach Saikaly at [ssaikaly@northallegheny.org](mailto:ssaikaly@northallegheny.org).

## **ATHLETIC PRE-PARTICIPATION REQUIREMENTS:**

Our first day of tryouts/practice is on Monday, March 4<sup>th</sup>. To be eligible to participate in the tryouts, you need to complete the North Allegheny Athletic Pre-Participation Requirements **by Friday, February 23rd**. Please go to the Athletics Website (<http://athletics.northallegheny.org/>) and under the "For Athletes" (or "Spring Sports") tab select "Spring Sports Registration" (the direct link is: <https://athletics.northallegheny.org/spring/spring-sports-registration/>). Please direct any questions about these requirements to the **Athletic Office (724-934-7238)**.

## **TRYOUT SCHEDULE:**

All tryouts and practices will take place at the NAI track from 3:30 to 5:15. There will be an afterschool shuttle bus that takes IMS and MMS students to NAI (CMS students will walk down Hillvue Ln on the sidewalk). On March 4-5, we will practice to prepare for tryouts held on March 6-8. We will do our best to give student-athletes as many opportunities to make the standards (see below) in the time that we have. We recognize that early March can be a difficult time of year weather wise and we may adjust the tryout schedule below in cases of inclement weather for safety.

**March 4-5:** Practice / skill training

**March 6:** 100m, 400m, 1600m

**March 7-8:** 200m, 800m, 3200m, 100m/110m hurdles, high jump, long jump, triple jump, pole vault, shot put and discus

**March 11:** Weather contingency day and make-ups (only if needed)

***See next page for Tryout Standards...***

## **2024 North Allegheny Middle School Track and Field Tryout Standards**

Any student athlete who achieves a performance mark at or better than the standard listed below will qualify for team membership. Only one standard needs to be met to be on the team, but we recommend student athletes attempt multiple events as this will help coaches decide future event participation and event specific training. If you have any questions about the tryout standards please contact Coach Robertson ([erobertson@northallegheny.org](mailto:erobertson@northallegheny.org)) and Coach Saikaly ([ssaikaly@northallegheny.org](mailto:ssaikaly@northallegheny.org)). Details about the tryout schedule on March 4-8 will be emailed to registered participants and posted at [www.northallegheny.org/track](http://www.northallegheny.org/track). If you would like to increase your odds of making the standard and staying injury-free during the season, we strongly recommend that you engage in at least 45 minutes of physical activity 3-5 days a week leading up to the start of the season. Please reach out to Coach Robertson or Coach Saikaly if you would like guidance on this.

### **2024 Tryout Standards**

<b>Event</b>	<b>Girls</b>	<b>Boys</b>
<b>100</b>	15.8	14.3
<b>200</b>	34.5	30.5
<b>400</b>	81.0	72.0
<b>800</b>	3:22	3:06
<b>1600</b>	7:25	6:40
<b>3200</b>	16:50	15:00
<b>Hurdles</b>	23.5	23.3
<b>High Jump</b>	3'10"	4'2"
<b>Long Jump</b>	11'6"	13'0"
<b>Triple Jump</b>	21'0"	25'0"
<b>Shot Put</b>	19'0"	22'0"
<b>Discus</b>	40'0"	46'0"
<b>Pole Vault</b>	5'0"	6'0"