

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) and Coach Saikaly (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. 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

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