

2018-19 Indoor T & F Tryout Standards

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Events	TEAM Standard	Sophomore	Freshman/Newbie
55 Dash	10.0	11.0	12.0
300 Meter	53.0	54.0	55.0
600 Meter	2:00	2:02	2:04
1000 Meter	3:45	3:50	4:00
1600	6:45	7:00	7:15
3200	14:00	15:00	16:00
4x800			
4x200			
4x400			
High Jump	4'	3'10	3'8
Long Jump	12'6	11'	10'
Pole Vault			
Shot Put	19'6	17'	15'

First week of practice you will experience what it takes to be a track and field athlete at Newtown High School. You will have to commit yourself physically and mentally to make the team. You will only be given 5 days of practice before a 2 day tryout session. You only need to qualify in one standard to make the team.

Schedule is located on CASCIAC.ORG website.