



TVCS MIDDLETON TRACK AND FIELD SIGNUPS, INFORMATION, AND PRACTICE

**TRYOUTS: FEBRUARY 26TH-28TH
PRACTICE SCHEDULE:**

**MONDAY: DISTANCE AND
SPRINTS ONLY TIME: 3-4:30**

**TUESDAY: FIELD EVENTS AND
HURDLES ONLY TIME 3-4:15**

**WEDNESDAY: DISTANCE AND
SPRINTS ONLY TIME: 3-4:30**

**THURSDAY: FIELD EVENTS AND
HURDLES ONLY TIME 3-4:15**

**FRIDAY: DISTANCE AND
SPRINTS ONLY TIME: 3-4:30**



**YOU MUST HAVE YOUR
ATHLETIC CLEARANCE
COMPLETED PRIOR TO
TRYOUT**

Signup on the form
from the link provided
or scan the QR code.



<https://forms.gle/4Edj8hby6fm9nYor8>

Head to the locker room at
3 during pikmykid. Please
dress out and report to the
track for warmups

EVENTS COMPETED:

**100M, 100MH 200M, 400M, 800M,
1600M, 4X100M, 4X400M,
4X800M, HIGH JUMP, LONG JUMP,
SHOT PUT, DISCUS, JAVELIN**

You may tryout for whatever event
you would like but the coaches
have the final say where you will
compete. We will have a roster cap
of 80 athletes cuts may be made in
the first week based on numbers

Contact for any questions

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