

# 1. Get a physical

(your doctor/nurse or Urgent Care)

## 2. Upload it on

[athleticclearance.com](https://athleticclearance.com)

(Insurance info)

3. Show up **December 13<sup>th</sup>** at the  
track! 3:15 pm

# Tryout Distances

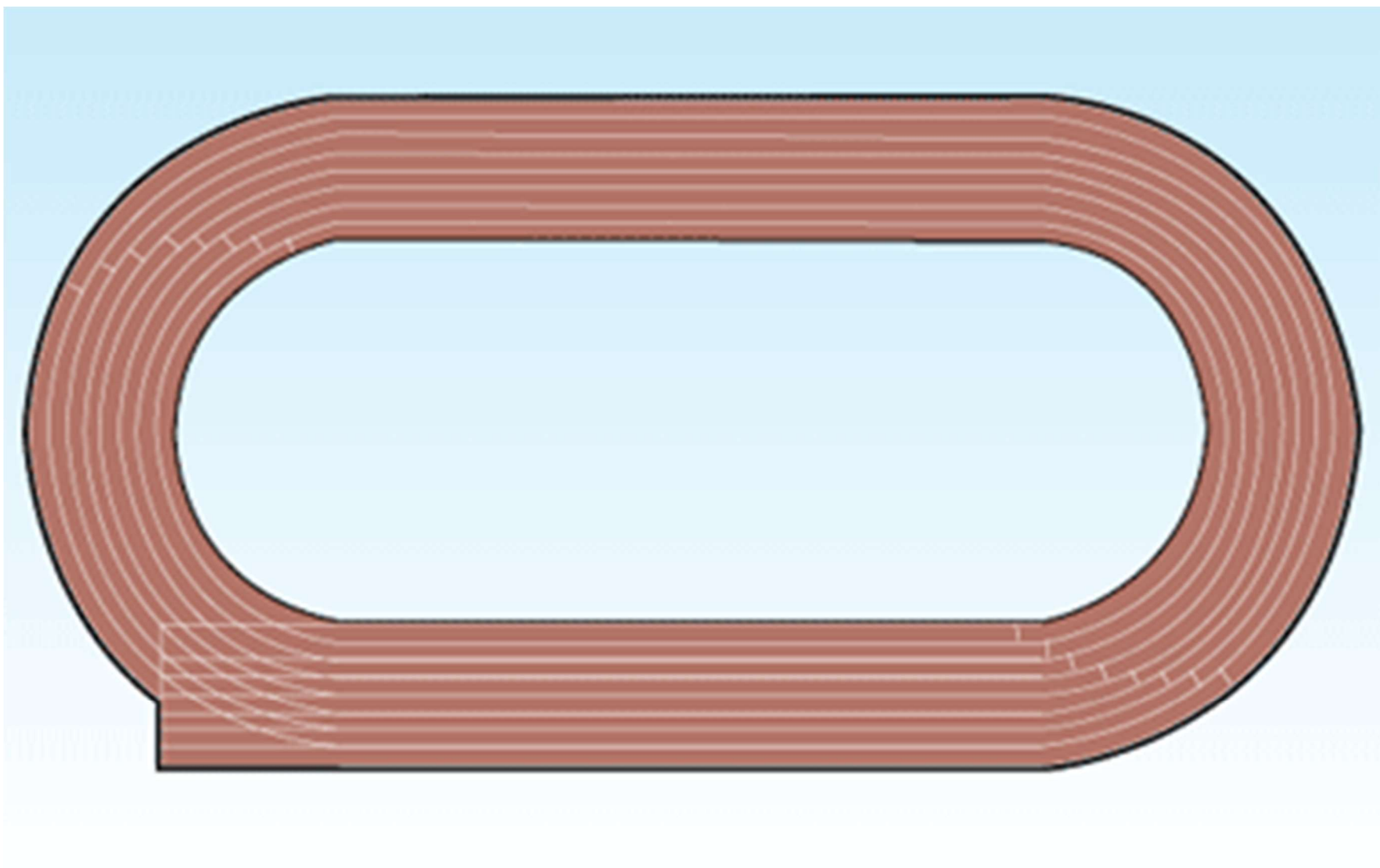
80 meters- *sprints, jumps, hurdles*

300 meters- *mid distance, hurdles*

1200 meters- *distance, XC*

Throws- Standing Broad, agility

Jumps- Standing Broad



Roster will be posted on my  
window:

*If you make the team:*

1. Follow-up meeting December 20
2. Must have 2.0 by Jan. 26