

Track & Field

Walk-on Try-out Policy

- 1 – Please print your name and complete the information on the Walk-on Try-Out Sheet on the outer office door.
- 2 – You must get a letter from your doctor stating you had a physical in the last 6 months and that you are physically able to compete in Track & Field at the Division I level.
- 3 – You must take the medical note to the Head our Trainer, Matt Snow (SEFCU A25), he must sign the Walk-On Certification Form.
- 4 – The form need to be signed by Coach Wolin (Track & Field Office 105)
- 5 – Bring the completed form to the compliance meeting for Track & Field Try-Outs (we will email you the date/site (Please, make sure your email is legible on the sign-up sheet attached to the door)
- 6 – Your form will be signed by the compliance officer after all of the other tasks are completed. Compliance office is PE 307A. Either Melissa Peach or Dan VanDenburgh can sign the compliance portion. Please only go up to compliance between 9-11, M-F (except Labor Day)

ALL PAPERWORK MUST BE COMPLETED NO LATER THAN MONDAY, SEPTEMBER 23RD BY 3PM – NO EXCEPTIONS

Try-Out Dates:

Tuesday, September 24th

Field Events

10:00am-11:00pm	Javelin
11:00am-12:00pm	Weight Throw/Hammer Throw
12:00pm-1:00pm	Discus/Shot Put
1:00pm-2:00pm	High Jump
5:00-6:00pm	Long Jump/Triple Jump

Track Events

4:00pm	60m
4:30pm	150m
5:00pm	300m

Wednesday, September 25th

Field Events

10:00am-11:00pm	Javelin
11:00am-12:00pm	Weight Throw/Hammer Throw
12:00pm-1:00pm	Discus/Shot Put
1:00pm-2:00pm	High Jump
5:00-6:00pm	Long Jump/Triple Jump

Track Events

4:00pm	60m
4:30pm	150m
5:00pm	300m