



Bartram Trail Track & Field

2024 Try-out Schedule Jan 30 - Feb 2

You must have all your registration requirements completed at

<https://athleticclearance.fhsaahome.org/>

including an updated physical!

Tue Jan 30	All 11th & 12th grade athletes. All returning varsity T&F. All distance runners.	
Wed Jan 31	All above and BOYS - All 9th & 10th grade	
Thu Feb 1	All above and GIRLS - All 9th & 10th grade	
Fri Feb 2	All athletes	
1/30	4:00	Check in – receive week bib #, Begin warm-up in one large group.
	4:15	Varsity sprinters speed testing – all available coaches. -complete work out: Barnett, Friscia, Belcik
		All distance runners: workout –
		All throwers: try-out – Pageotte
	4:45	Jumps testing: Clark
1/31	3:00	Check in – receive week bib #, Begin warm-up in small groups. Varsity lead new and JV boys.
	3:15	Varsity sprinters workout – Friscia, Stiles, Hagans, Barnett
		Distance runner's workout – Holtz, Clark
		New/JV boys speed testing – all available coaches.
	3:45	New/JV boys 1600m testing – Frank
	3:45	Throws testing – Pageotte, Johnson
	4:15	Jumps testing - Clark
2/1	4:00p	Check in – receive week bib #, Begin warm-up in small groups. Varsity lead new and JV athletes.
	4:15	New/JV girls speed testing – Barnett, Kosiewska
		All boy athletes 45sec Time Trial – all available coaches
	5:00	All distance workout – Holtz, Clark
		PV testing (boys & girls)- Dean
		New/JV girls 1600m testing – Clark
	5:15	Boys Jumps Testing – Clark
	6:00	Coach Meeting in Rm 635 to discuss boys roster placements. Boys roster assignments on BTTF website that evening.
2/2	4:00	Check in –Begin warm-up in small groups. Varsity lead new and JV athletes.
	4:15	Boys sprinters – Stiles, Belcik, Friscia
		New/JV, varsity girl athletes 45sec Time Trial – all available coaches
		All distance workout – Holtz, Clark
	4:45p	Girls Throws testing – Pageotte
		Girls Jumps Testing – Clark
	5:00	Coach Meeting in Rm 635 to discuss girls roster placements. Girls roster assignments on BTTF website that evening.
2/3	8:00a	Coaches Meeting – Media Center
	10:00a	Parent Meeting - Cafeteria



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Things you NEED to know.

Required Meet Day Gear (School Pay):

Sweatshirt	\$45
Blue Jersey	\$30

[SCHOOL PAY QR Code](#)



Important dates:

- Friday Feb 2, Final rosters posted on BTTF web-page
- Saturday Feb 3, 10:00a Parent Meeting - Cafeteria
- Tuesday Feb 6, final day for team shop