

2026 North Allegheny Middle School Track & Field

Tryout Standards (Grades 7–8)

Purpose of Tryout Standards

The North Allegheny Middle School Track & Field tryout standards serve two important purposes: ensuring student-athletes are physically prepared for safe participation, and allowing the program to operate in a structured, development-focused environment.

Because of the large level of interest in middle school track and field, the use of tryout standards helps ensure that training groups can be managed safely at a single facility while providing athletes with appropriate supervision and instruction. Maintaining manageable team sizes allows coaches to organize event groups effectively, ensure safe spacing and rotations, and provide athletes with adequate repetitions—particularly in skill-based events such as jumps, throws, and pole vault, where only one athlete can perform the actual event at a time.

This approach allows for more individual coaching, safer training environments, and greater opportunities for meaningful improvement over the course of the season.

Team Qualification

Any student-athlete who meets or exceeds one of the standards listed below during tryouts will qualify for team membership.

Athletes are encouraged to attempt multiple events during tryouts. While only one standard is required to make the team, trying additional events helps coaches determine appropriate event placement and event-specific training throughout the season.

How Tryout Standards Are Evaluated

- All standards must be met **during official tryout sessions**
- Athletes will receive **multiple attempts or races**, depending on the event
- Timing and measurement will be conducted consistently by the coaching staff
- Marks achieved outside of tryouts (practices, PE class, prior seasons) cannot be used

Tryout Schedule

Everything that follows is tentative and dependent on the weather cooperating.

Practices and tryouts will occur March 2-6 at North Allegheny Intermediate High School. We will meet each day in the upper gym at 3:15 (or when shuttle buses arrive). We will end at 5:15 each day. The plan is to practice skills Monday - Wednesday and to begin some of the running event tryouts on the track Wednesday (3/4). We will do the remaining running events and all field events Thursday (3/5) and Friday (3/6). We will have make-ups on Monday (3/9). Detailed information about daily schedules and event rotations will be emailed to registered participants prior to tryouts.

Preparation Recommendation

To increase readiness for tryouts and reduce injury risk, student-athletes are strongly encouraged to participate in **at least 45 minutes of physical activity, 3–5 days per week**, leading up to the start of the season. Student-athletes and families are welcome to contact the coaching staff for guidance on safe and appropriate preparation.

Questions or Preparation Support

If you have questions about tryout standards or would like guidance on preparation, please contact:

- **Coach E.J. Robertson** – erobertson@northallegheeny.org
- **Coach Stephanie Saikaly** – ssaikaly@northallegheeny.org

2026 Tryout Standards

Event	Girls	Boys
100	15.2	14.2
200	33.2	30.2
400	80.0	71.0
800	3:22	3:00
1600	7:20	6:40
3200	16:50	14:50
Hurdles (100/110)	22.9	23.1
High Jump	3'10"	4'2"
Long Jump	12'0"	13'0"
Triple Jump	22'0"	25'0"
Shot Put	21'6"	25'6"
Discus	44'0"	54'0"
Pole Vault	5'0"	6'0"