

NWMS Track and Field
BOYS Event Qualifying Process

The NWMS track and field team has a qualifying process in order to train for certain events (but everyone will still make the team). Noblesville West Track and Field is striving to become a highly competitive and successful team in Hamilton County. This process will help determine the most appropriate event(s) an athlete should focus on and maintain a competition level where athletes can be appropriately challenged and successful.

In order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower, athletes will need to make the cut for that group. However, the event qualifying process may be adjusted to balance the strength of the team at the head coach's discretion only. In track and field, there can be an unlimited number of participants for individual long-distance events. Training as a distance runner can help you reach your goals in the sprints, jumps, mid-distance, hurdles, and throws if you do not immediately achieve them. We will have trials/evaluations throughout the first two weeks of practice, and will continue to evaluate throughout the season.

Below are the cut times listed for each area for the beginning of the season. All three grade levels will have a different cut time for each event. This will ensure the track team remains balanced throughout all three grade levels and continues to help build our program. Coaches reserve the right to keep/cut based on other outside factors as well and do their best to include all grade levels in each event.

Sprinters (100m, 200m, 4x100m)

Boys must make the 100m Dash Cut Time in order to train as a sprinter

6th Boys Cut Time	7th Boys Cut Time	8th Boys Cut Time
14.9 seconds	14.4 seconds	13.7 seconds

Mid-Distance (400m, 800m, 4x400m, 4x800m)

Boys must make the 400m Dash or 800m Run Cut Time in order to train as a mid-distance runner

6th Boys 400m Cut Time	7th Boys 400m Cut Time	8th Boys 400m Cut Time
1 minute 17 seconds	1 minute 12 seconds	1 minute 07 seconds
6th Boys 800m Cut Time	7th Boys 800m Cut Time	8th Boys 800m Cut Time
2 minutes 59 seconds	2 minutes 50 seconds	2 minutes 41 seconds

Long Distance (1600m, 2400m)

No cut times needed. An unlimited number of athletes may train for these two events.

Hurdles

Boys must make these 100m Dash cut times AND meet the flexibility requirements - maximum 8 hurdlers

6th Boys Cut Time	7th Boys Cut Time	8th Boys Cut Time
15.1 seconds	14.6 seconds	13.9 seconds

Long Jump

Boys must be in the top of their grade level during LJ trials, which will consist of a measured LJ competition

6th Boys	7th Boys	8th Boys
Top 2 Jumpers +	Top 4 Jumpers +	Top 4 Jumpers +
minimum 13 foot trial jump	minimum 14 foot trial jump	minimum 15 foot trial jump

High Jump

Boys must be in the top of their grade level during HJ trials, which is a scissor-kick competition

6th Boys	7th Boys	8th Boys
Top 2 Jumpers +	Top 4 Jumpers +	Top 4 Jumpers +
clear 3 heights in competition	clear 4 heights in competition	clear 5 heights in competition

Shot Put

Boys must be in the top of their grade level during SP trials, which will consist of various measured throwing drills

6th Boys	7th Boys	8th Boys
Top 2 Throwers	Top 4 Throwers	Top 4 Throwers

Discus

Boys must be in the top of their grade level during Discus trials, which will consist of various measured throwing drills

6th Boys	7th Boys	8th Boys
Top 2 Throwers	Top 4 Throwers	Top 4 Throwers

NWMS Track and Field
GIRLS Event Qualifying Process

The NWMS track and field team has a qualifying process in order to train for certain events (but everyone will still make the team). Noblesville West Track and Field is striving to become a highly competitive and successful team in Hamilton County. This process will help determine the most appropriate event(s) an athlete should focus on and maintain a competition level where athletes can be appropriately challenged and successful.

In order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower, athletes will need to make the cut for that group. However, the event qualifying process may be adjusted to balance the strength of the team at the head coach's discretion only. In track and field, there can be an unlimited number of participants for individual long-distance events. Training as a distance runner can help you reach your goals in the sprints, jumps, mid-distance, hurdles, and throws if you do not immediately achieve them. We will have trials/evaluations throughout the first two weeks of practice, and will continue to evaluate throughout the season.

Below are the cut times listed for each area for the beginning of the season. All three grade levels will have a different cut time for each event. This will ensure the track team remains balanced throughout all three grade levels and continues to help build our program. Coaches reserve the right to keep/cut based on other outside factors as well and do their best to include all grade levels in each event.

Sprinters (100m, 200m, 4x100m)

Girls must make the 100m Dash Cut Time in order to train as a sprinter

6th Girls Cut Time	7th Girls Cut Time	8th Girls Cut Time
15.1 seconds	14.8 seconds	14.3 seconds

Mid-Distance (400m, 800m, 4x400m, 4x800m)

Girls must make the 400m Dash or 800m Run Cut Time in order to train as a mid-distance runner

6th Girls 400m Cut Time	7th Girls 400m Cut Time	8th Girls 400m Cut Time
1 minute 25 seconds	1 minute 20 seconds	1 minute 15 seconds
6th Girls 800m Cut Time	7th Girls 800m Cut Time	8th Girls 800m Cut Time
3 minutes 22 seconds	3 minutes 17 seconds	3 minutes 7 seconds

Long Distance (1600m, 2400m)

No cut times needed. An unlimited number of athletes may train for these two events.

Hurdles

Girls must make these 100m Dash cut times AND meet the flexibility requirements - maximum 8 hurdlers

6th Girls Cut Time	7th Girls Cut Time	8th Girls Cut Time
15.4 seconds	15.1 seconds	14.6 seconds

Long Jump

Girls must be in the top of their grade level during LJ trials, which will consist of a measured LJ competition

6th Girls	7th Girls	8th Girls
Top 2 Jumpers + minimum 9 ft trial jump	Top 4 Jumpers + minimum 10 ft trial jump	Top 4 Jumpers + minimum 11 ft trial jump

High Jump

Girls must be in the top of their grade level during HJ trials, which is a scissor-kick competition

6th Girls	7th Girls	8th Girls
Top 2 Jumpers + clear 3 heights in competition	Top 4 Jumpers + clear 4 heights in competition	Top 4 Jumpers + clear 5 heights in competition

Shot Put

Girls must be in the top of their grade level during SP trials, which will consist of various measured throwing drills

6th Girls	7th Girls	8th Girls
Top 2 Throwers	Top 4 Throwers	Top 4 Throwers

Discus

Girls must be in the top of their grade level during Discus trials, which will consist of various measured throwing drills

6th Girls	7th Girls	8th Girls
Top 2 Throwers	Top 4 Throwers	Top 4 Throwers