

**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.

**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
<b>14.9 seconds</b>	<b>14.4 seconds</b>	<b>13.7 seconds</b>

**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
<b>1 minute 17 seconds</b>	<b>1 minute 12 seconds</b>	<b>1 minute 07 seconds</b>
6th Boys 800m Cut Time	7th Boys 800m Cut Time	8th Boys 800m Cut Time
<b>2 minutes 59 seconds</b>	<b>2 minutes 50 seconds</b>	<b>2 minutes 41 seconds</b>

**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
<b>15.1 seconds</b>	<b>14.6 seconds</b>	<b>13.9 seconds</b>

**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
<b>Top 2 Jumpers +</b>	<b>Top 4 Jumpers +</b>	<b>Top 4 Jumpers +</b>
<b>minimum 13 foot trial jump</b>	<b>minimum 14 foot trial jump</b>	<b>minimum 15 foot trial jump</b>

**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
<b>Top 2 Jumpers +</b>	<b>Top 4 Jumpers +</b>	<b>Top 4 Jumpers +</b>
<b>clear 3 heights in competition</b>	<b>clear 4 heights in competition</b>	<b>clear 5 heights in competition</b>

**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
<b>Top 2 Throwers</b>	<b>Top 4 Throwers</b>	<b>Top 4 Throwers</b>

**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
<b>Top 2 Throwers</b>	<b>Top 4 Throwers</b>	<b>Top 4 Throwers</b>

**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.

**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
<b>15.1 seconds</b>	<b>14.8 seconds</b>	<b>14.3 seconds</b>

**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
<b>1 minute 25 seconds</b>	<b>1 minute 20 seconds</b>	<b>1 minute 15 seconds</b>
6th Girls 800m Cut Time	7th Girls 800m Cut Time	8th Girls 800m Cut Time
<b>3 minutes 22 seconds</b>	<b>3 minutes 17 seconds</b>	<b>3 minutes 7 seconds</b>

**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
<b>15.4 seconds</b>	<b>15.1 seconds</b>	<b>14.6 seconds</b>

**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
<b>Top 2 Jumpers + minimum 9 ft trial jump</b>	<b>Top 4 Jumpers + minimum 10 ft trial jump</b>	<b>Top 4 Jumpers + minimum 11 ft trial jump</b>

**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
<b>Top 2 Jumpers + clear 3 heights in competition</b>	<b>Top 4 Jumpers + clear 4 heights in competition</b>	<b>Top 4 Jumpers + clear 5 heights in competition</b>

**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
<b>Top 2 Throwers</b>	<b>Top 4 Throwers</b>	<b>Top 4 Throwers</b>

**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
<b>Top 2 Throwers</b>	<b>Top 4 Throwers</b>	<b>Top 4 Throwers</b>