

## **NWMS Track and Field Event Selection Process**

When placing athletes in events for track and field meets, coaches will rely on two main areas of data: practice results and meet results. With over 175 athletes participating in track and field this season, all athletes training/competing in the event(s) of their choice is not possible because there are not enough “spots” in a track meet to permit this. During the first two weeks of the season, athletes may try different training groups to see where they will have the most success (coaches will also help athletes with this process).

Outlined below is the average number of “spots” available for most meets for both the boys and girls teams. If an athlete is not in the top of a group during practice (or meet results throughout the season), they will be placed in events which allow UNLIMITED entries (800m, 1600m, 2400m). As the season progresses, athletes will be permanently placed in training groups that complement the events they will focus on for track meets.

### **Sprinters Training Group (100m, 200m, 4x100m)**

On average, there are 18 sprinting “spots” available to fill for each meet roster.  
(note: some athletes will fill multiple sprinting spots each meet)

### **Mid-Distance Training Group (400m, 800m, 4x400m, 4x800m)**

On average, there are 22 mid-distance “spots” available to fill for each meet roster (400m, 4x400m, 4x800m)  
There are UNLIMITED Open 800m “spots” for most meets.  
(note: some athletes will fill multiple mid-distance spots each meet)

### **Advanced Distance Training Group & Fundamental Distance Training Group (800m, 1600m, 2400m)**

On average, there are UNLIMITED long-distance spots for most meets.  
(note: some athletes will fill multiple long-distance spots each meet)

### **Hurdles**

On average, there are 6 hurdling “spots” available to fill for each meet roster.  
(note: hurdlers must be able to complete the “sprinters” workouts - to maintain safety, coaches will eventually narrow the number of athletes that may practice/compete in the hurdles)

### **Long Jump**

On average, there are 6 long jump “spots” available to fill for each meet roster.  
(note: long jumpers must be able to complete the “sprinters” workouts - to maintain safety, coaches will eventually narrow the number of athletes that may practice/compete in the long jump)

### **High Jump**

On average, there are 6 high jump “spots” available to fill for each meet roster.  
(note: high jumpers must be able to complete the “sprinters” workouts - to maintain safety, coaches will eventually narrow the number of athletes that may practice/compete in the high jump)

### **Shot Put**

On average, there are 6 shot put “spots” available to fill for each meet roster.  
(note: to maintain safety, coaches will eventually narrow the number of athletes that may practice/compete in the shot put)

### **Discus**

On average, there are 6 discus “spots” available to fill for each meet roster.  
(note: to maintain safety, coaches will eventually narrow the number of athletes that may practice/compete in the discus)