



Grimmer Track 2026 Tryout Information

In order to try out, you and your guardian **MUST** complete fill out Final Forms online—including submitting your physical.

The schedule for tryouts will be as follows:

Monday, March 9, 2026

1. 100 meter dash
2. 400 meter dash
3. Vertical jump - This trial qualifies for the high jump

Tuesday, March 10, 2026

1. Hurdles
2. 800 meter run
3. Throws - This qualifies for the shot put and discus

Wednesday, March 11, 2026

1. 200 meter dash
2. Mile run
3. Long jump

Try-outs end at 5:30

Students must be out of the building and all rides should be waiting.

Participants are encouraged to try-out for all events.

35 girls and 35 boys will be chosen to participate in Track.

The list will be posted in the office on Friday March 13, 2026.

The first practice is Monday March 16—ends at 5:00.

MANDATORY Parent meeting Monday March 16th 5:00—5:30.

Thank you for your time and interest in being a member of the
2026 Grimmer Track Team. Best of luck!

Coach Grimler Coach Greanias Coach McGoldrick Coach Muha

