

Reservoir HS Track & Field : *Spring 2020*

Athlete Meeting Information

Coaches: Head Coach – Philip Rogers (410) 888-8850 progers@hcpss.org
Head Coach – Bobby Gessler gesslermd@aol.com

Objective: -The Reservoir Track & Field program wants to establish a fun and competitive environment for all student-athletes.
-Student-athletes will be taught the fundamental skills in the different track & field events.

There will be a Varsity Team Uniform and a Junior Varsity Team Uniform.

Note: to obtain a varsity letter you must meet one of the varsity letter criteria. .

Junior Varsity Athletes will be given multiple opportunities to earn a Varsity Team Uniform.

Times/Marks for Reservoir Outdoor Track & Field for Varsity Squad

Event	Female	Male
100m Dash	13.60s	11.7s
100m/110m High Hurdles	17.0s	18.0s
200m Dash	27.60s	24.8s
300m Im. Hurdles	51.0s	47.0s
400m Dash	67.0s	56.0s
800m Run	2: 40	2:12
1600m Run	5:55	5:05
3200m Run	13:10	11:00
Shot Put	25 – 0 ft	35 – 0 ft
Discus	75 – 0 ft	80 – 0 ft
Long Jump	15 – 0 ft	18 – 6 ft
Triple Jump	27 – 0 ft	38 – 0 ft
High Jump	4 – 6 ft	5 – 6 ft
Pole Vault	7 – 0 ft	10 – 0 ft

Try Out Standards to make the Reservoir Outdoor Track & Field Team

Event	Female	Male
100m Dash	15.0s	13.2s
200m Dash	31s	27.7s
300m Dash	56s	47.5s
800m Run	3:15	2:30
1600m Run	7:25	6:15
Shot Put	20ft	20ft
Long Jump	12 – 0 ft	15 – 0 ft
High Jump	4ft 0in	5ft 0in

Schedule for Trials

Event	Day of Event	Approximate Time
1600m Run	Monday, March 9	3:15pm
100m Dash	Monday, March 9	3:30pm
300m Dash	Monday, March 9	4:00pm
800m Run	Tuesday, March 10	3:15pm
200m Dash	Tuesday, March 10	3:30pm
Standing Broad Jump	Tuesday, March 10	4:00pm