



Elite 2020 Track and Field

Tryout Information

- March 30th - Corner Canyon High School - 5:30-6:30 pm
- Athletes will all do dynamic warm-up and conditioning exercises
 - Athletes will run the 100 m, 800m, and complete a rotation at jumps and throwing stations.
 - We are not looking for the fastest kids, we are looking for athletes who work hard, listen to coaches and have a positive attitude. Priority will be given to middle school age athletes.

Parent/Athlete Team Meeting

March 30th - Corner Canyon High School, Tech Atrium, Parent & Athlete Meeting & Info Session 7:00-8:00 pm

You will be emailed by April 1st if you have made our competition team.

Questions, Feel Free to contact Michele @ michele@racecats.org or 801-414-3887