

Track & Field Tryouts

100 / 200 / 100H / 110H / 300H / 400 / 800 / 1600 / 3200
LONG JUMP / TRIPLE JUMP / HIGH JUMP / SHOT PUT / DISCUS
4 x 100 / 4 x 400

Steps Required:

1

ATHLETIC
CLEARANCE
APPROVAL

2

CONTACT
COACH
HOLLOWAY

3

RETURN
DISTRICT
WAIVER

Wednesday, December 2nd
3:00 - 4:30 pm

FOR MORE INFORMATION CONTACT
COACH HOLLOWAY AT
JHOLLOWAY@FJUHSD.ORG

