

NOVA MIDDLE SCHOOL

# TRACK TRYOUTS

GIRLS HEAD  
**COACH  
DIXON**

GIRLS 100/200 **03-05**  
GIRLS 400/800/MILE **03-06**  
BOYS 100/200 **03-10**  
BOYS 400/800/MILE **03-11**

BOYS HEAD  
**COACH  
DORISCA**

ALL TRYOUTS WILL BE HELD AT

## NOVA OUTDOOR TRACK

**ALL GRADES  
WELCOME**

**ALL FORMS ARE  
LOCATED IN  
STUDENT SERVICES**

**\*FIELD EVENTS AND  
HURDLES WELCOME  
ALL DAYS**



WHAT TO BRING

- 1. PRE-PARTICIPATION PHYSICAL FORM**
- 2. INSURANCE FORM/WITH COPY OF INSURANCE CARD**
- 3. SNEAKERS/\*NO CROCS\***

