



Athletics Athlete Event Selection Guidelines

The SONC Athletics Sport Development Team has created guidelines for coaches to follow for appropriate event selection for athletes. In order for athletes to be successful within their abilities it is important that coaches adhere to these guidelines set forth.

Athletes should move up or down events based on the following times (times are for both male and female athletes unless otherwise noted):

- 100m Dash: 12 seconds – 36 seconds
- 200m Dash: 25 seconds – 1 minute, 18 seconds
- 400m Dash: 1 minute – 2 minutes, 47 seconds
- 25m Dash: 6 seconds – 14 seconds
- 50m Dash: recommended maximum time of 28 seconds
 - Males who run this event in under 10 seconds should move to train and compete in the 100m dash.
 - Females who run this event in under 12 seconds should move to train and compete in the 100m dash.
- Softball Throw: If an athlete can throw more than 20m, the sport development team suggest moving the athlete to traditional events, like the mini javelin or shot put.

These guidelines are not exhaustive of all athletics events. For questions about appropriate event selection for athletes contact the SONC Sports Department at sports@sonc.net.