

Track & Field Hurdles Tryout Evaluation Card

Athlete Name

Date

Age/Grade

Coach Initials

Physical Attributes

Height

Leg Length / Inseam

Preferred Lead Leg

PR (Personal Record)

Events Trying Out

100m/110m Hurdles

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300m/400m Hurdles

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Performance

Drill/Test	Time/Score	Comments
3-Stride Hurdle Drill		
Sprint (30m/60m)		
Lead Leg Form		
Trail Leg Form		
Starts/First Hurdle		

Evaluation Criteria

Criterion	Excellent	Good	Needs Work
Speed			
Coordination			
Hurdle Technique			

Attitude/Coachability			
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Coach Notes & Recommendations