

TRACK AND FIELD LETTERING STANDARDS

1) To earn a JV or Varsity award you must participate for the entire season without violating the athletic code.

2) Varsity athletes must compete at least 6 times, or compete in the district meet and meet one of the following standards:

<u>Girls Lettering standards:</u>			<u>Boys Lettering Standards:</u>		
		<u>9th grade</u>			<u>9th grade</u>
100M Hurdles	18.50	19.00	110M Hurdles	18.00	18.50
100M Dash	14.00	14.20	100M Dash	12.10	12.30
200M Dash	28.50	29.00	200M Dash	25.00	25.50
300M Hurdles	52.00	52.30	300M Hurdles	48.00	49.00
400M Dash	68.00	69.50	400M Dash	57.00	58.00
800M Run	2:40.00	2:40.00	800M Run	2:12.00	2:15.00
1600M Run	6:05.00	6:05.00	1600M Run	5:10.00	5:10.00
3200M Run	13:10.00	13:10.00	3200M Run	11:05.00	11:10.00
Long Jump	14' 06"	14' 00"	Long Jump	18' 00"	17' 06"
Triple Jump	27' 06"	27' 00"	Triple Jump	36' 06"	36' 00"
High Jump	4' 06"	4' 06"	High Jump	5' 06"	5' 04"
Shot Put	28' 00"	27' 00"	Shot Put	38' 06"	37' 06"
Javelin	90' 00"	85' 00"	Javelin	130' 00"	120' 00"
Discus	90' 00"	80' 00"	Discus	110' 00"	100' 00"
Pole Vault	7' 06"	7' 00"	Pole Vault	10' 06"	10' 00"