

Mountain View Track & Field 2010

Letter Requirements

Any person can letter in TRACK during the season by either of the following ways:



- I. Earn a total of **10 points** during the season.

Points are earned as follows:

1. Make all practices =5 points
2. Any points earned during a varsity meet = Face Value
(Ex. 3rd in a dual meet = 1 point)
3. Compete as a varsity member = 2 points
4. Compete at the district track meet = 5 points
5. Be named competitor of the meet = 2 points
(coaches nominate someone for each meet)
6. Recruit a new member to the team during the season = 1 pt.

- II. A person can also earn a letter if they meet or exceed the following **standards.**

<u>GIRLS</u>		<u>BOYS</u>	
100	13.50	100	11.6
200	28.4	200	24.5
400	64.1	400	53.9
800	2:36	800	2:11
1500	5:28	1500	4:29
3000	12:02	3000	9:55
100 H	17.3	H H	16.8
300 H	53.6	300 H	43.9
Long Jump	14'2"	Long Jump	19'4"
Triple Jump	31'0"	Triple Jump	37'9"
High Jump	4'10"	High Jump	5'8"
Pole Vault	7'0"	Pole Vault	10'6"
Shot	30'2"	Shot	42'0"
Discus	86'5"	Discus	121'0"
Javelin	88'6"	Javelin	140'0"

To receive a letter you are expected to complete the season (unless injured) and to participate in the majority of meets during the season. Your attendance at practice should also reflect the attitude of a "Varsity" athlete.

You are also expected to keep track of the points you earn during the season and turn it into your coach at the end of the season.