

TRACK LETTER REQUIREMENTS

Before you will be given consideration for a track letter, you must be a good School citizen and an asset to our team. To earn a letter you may qualify in one of the following ways:

1. Average 2 points per meet during the outdoor varsity season.
2. Score in either the Conference Meet (if a relay must be in the top five) or the Section Meet.
3. Coaches recommendation.
4. Meet one of the following standards TWICE, or meet two standards ONCE
5. Score in True Team State in a Championship year.

100 Meter Dash	11.6
200 Meter Dash	23.9 (23.5 in a relay)
400 Meter Dash	53.7 (53.2 in a relay)
800 Meter Dash	2:05.5
1600 Meter Run	4:44.0
3200 Meter Run	10:34.0
110 High Hurdles	16.4
300 IM Hurdles	43.0
Long Jump	19' 6"
Triple Jump	39' 6"
High Jump	5' 10"
Pole Vault	11' 6"
Shot Put	45' 0"
Discus	130' 0"

2015 STATE MEET QUALIFYING STANDARDS

100 Meter Dash	11.15**
200 Meter Dash	22.42**
400 Meter Dash	49.24**
800 Meter Dash	1:55.47**
1600 Meter Run	4:16.90**
3200 Meter Run	9:15.09**
110 High Hurdles	15.03**
300 IM Hurdles	39.26**
Long Jump	21' 9"
Triple Jump	44' 8"
High Jump	6' 4"
Pole Vault	13' 11"
Shot Put	54' 10"
Discus	155' 6"
4 X 100M Relay	43.28**
4 X 200M Relay	1:29.69**
4 X 400M Relay	3:22.72**
4 X 800M Relay	7:58.44**

NOTE: If you equal or better these marks in the finals of the Section meet you automatically qualify for the State meet. You may qualify by placing first or second in an individual even or relay team.

** To convert from **Fully Automated Times** to **hand held** times subtract 0.24 seconds and round up to the next tenth of a second (11.26 = 11.02 up to 11.1).