

Varsity Letter Requirements

Discus

9th- 120 ft
10th- 130 ft
11th- 140 ft
12th- 150 ft

Shot Put

9th- 45 ft
10th- 47ft
11th- 51 ft
12th- 55ft

High Jump

9th- 5'7
10th- 5'9
11th- 6'1
12th- 6'4

Pole Vault

9th- 10'6
10th- 11'6
11th- 12'6
12th- 13'6

Long Jump

9th- 18'6
10th- 19'6
11th- 20'6
12th- 21'0

All Time must be automatic or they will have .24 added to = auto time

100 Meters

9th- 11.75
10th- 11.50
11th- 11.25
12th- 11.00

200 Meters

9th- 23.00
10th- 22.75
11th- 22.50
12th- 22.25

400 Meters

9th- 52.00
10th- 51.00
11th- 50.50
12th- 50.00

800 Meters

9th- 2:07.00
10th- 2:05.00
11th- 2:02.00
12th- 2:00.00

1,600 Meters

9th- 5:00.00
10th- 4:50.00
11th- 4:40.00
12th- 4:30.00

3,200 Meters

9th- 10:45.00
10th- 10:30.00
11th- 10:15.00
12th- 10:00.00

110 Hurdles

9th- 16.25
10th- 15.75
11th- 15.25
12th- 14.75

300 Hurdles

9th- 42.00
10th- 41.00
11th- 40.00
12th- 39.00

Other ways to earn a varsity letter:

- 1) score at GWOC, Districts, Regionals or State
- 2) Be top 2 on varsity
- 3) Win a race @ a varsity Invitational with over 8 teams
- 4) Run on a varsity relay at any of the above meets
- 5) Score at over half of the varsity meets all season
- 6) Be a four year team member and finish the season in good standing.