

Shadle Park Track & Field

Varsity Lettering Standards

To be **eligible** to receive a Varsity Letter, athletes must meet **ALL** of the following four requirements. This is left to the discretion of the coach.

1. Follow all team rules and finish the season eligible and in good standing.
2. Participate in either JV All-City or Districts.
3. Turn in all uniforms and equipment.
4. Attend the Awards Banquet.

To earn a Varsity Letter an athlete must score at least **4 points**.

You will score **1 point** each time you achieve one of the following times or marks in a meet.

Event	Girls	Boys
100	13.9	11.9
200	29.3	24.7
400	1:08	56.0
800	2:46	2:13
1600	6:00	5:00
3200	13:15	11:00
100/110H	19.0	19.0
300H	55.5	47.0
SHOT PUT	29' 0"	39' 0"
DISCUS	78' 0"	108' 0"
JAVELIN	80' 0"	120' 0"
POLE VAULT	7' 0"	9' 0"
HIGH JUMP	4' 4"	5' 4"
LONG JUMP	14' 0"	18' 0"
TRIPLE JUMP	28' 0"	38' 0"

You will score **1 point** every time you achieve one of the following.

1. Score in a Varsity GSL meet (Scoring= placing top 3 in any event, or placing 1st in a relay)
2. Score in a Varsity Invitational (Scoring= placing top 8 in any event)

You will score **2 points** for achieving the following.

1. Qualifying and competing in Districts
2. Placing top 3 at the JV All-City meet
3. 3- or 4-year participant