



## TRACK AND FIELD LETTER REQUIREMENTS

BOYS	
EVENT	STANDARD
100	11.5
200	23.5
400	53.0
800	2:05
1600	4:55
3200	10:50
110H	17.5
300H	44.5
SHOT	40'
DISCUS	115'
POLE VAULT	9'6"
LONG JUMP	19'6"
HIGH JUMP	5'10"
TRIPLE JUMP	40'

GIRLS	
EVENT	STANDARD
100	13.6
200	28.5
400	64.0
800	2:40
1600	6:00
3200	13:30
100H	17.5
300H	52.5
SHOT	28'
DISCUS	90'
POLE VAULT	7'6"
LONG JUMP	15'6"
HIGH JUMP	4'10"
TRIPLE JUMP	31'

**Alternatives:** Score in the Region meet, County meet, or Invitational meet.

**Requirements:** An athlete must meet these requirements to qualify.

**Attendance-** Our athletes can only have 2 absences from ALL team activities and practices. Unless cleared by the coach.

**Participation-** Our runners are expected to put forth their best effort in practice, during training, and in competition.

**Behavior-** Our athletes are expected to be respectful at all times towards teammates, coaches, and parents.

**\*\*\*\*\*Coaches Discretion:** Coaches reserve the right to award a varsity letter to any athlete for any reason not stated above. They also reserve the right to withhold a varsity letter from any athlete who may reach the time or distance standard yet who does not uphold the standards of character, effort, and commitment associated with Starr's Mill Track and Field.

**\*\*\*ALL athletes are expected to follow the Fayette County School System Athletic and Extracurricular Participation Code of Conduct. Any violation of this code can result in having your letter withheld as well as being removed from the team.**

