

Performance Standards for Earning a Varsity Letter			
	Boys	Girls	
Pole Vault	10'	7'6"	
Discus	110'	85'	
Shot Put	40'	27'	
High Jump	5'7"	4'8"	
Long Jump	18'6"	14'7"	
100/110 H	18	17.5	
100	11.5	13.1	
200	23.6	28.2	
300 H	45	55	
400	56	65	
800	2:12	2:39	
1600	4:59	5:50	
3200	10:45	12:45	
You Must be in good academic standing and complete the season			
In order to receive your varsity letter.			