

Performance Standards for Earning a Varsity Letter			
	Boys	Girls	
Pole Vault	10'	7'6"	
Discus	110'	85'	
Shot Put	40'	27'	
High Jump	5'6"	4'8"	
Long Jump	18'6"	14'7"	
100/110 H	18	18.5	
100	11.5	13.1	
200	23.6	28.2	
300 H	49	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.			
If you are close to the standard, the coaching staff will look at your performance throughout the season. This includes:attendance, work ethic, meet performances, attitude, etc.			