

# **DICKINSON HIGH SCHOOL GIRLS TRACK & FIELD LETTERMAN REQUIREMENTS**

To earn a varsity letter in Track and Field an athlete must accomplish one of the following:

1. **Score** 10 total points for the year. Points for scoring in relays will be divided up. For example, if you are a member of a relay team that places 5<sup>th</sup> in a varsity meet, the 4 points will be divided by 4 and you will have earned 1 points.
2. **Seniors** that have completed the entire season and are in *good standing* on the team will letter.
3. **Juniors** that have been on the team for 3 consecutive years and have continually improved their individual performances and have *always attended all the practices and meets* will earn a letter.
4. If the below **Standards** are met in any of the following events you will have earned a letter:

| <b><u>Event</u></b> | <b><u>Girls</u></b> |
|---------------------|---------------------|
| High Jump           | 5'2"                |
| Triple Jump         | 36'6"               |
| Long Jump           | 16'8"               |
| Shot Put            | 34'6"               |
| Discus              | 112'                |
| Pole Vault          | 9'8"                |
| 100 Meter Hurdles   | 16.0                |
| 100 Meters          | 12.0                |
| 200 Meters          | 25.7                |
| 300 Meter Hurdles   | 47.6                |
| 400 Meters          | .59                 |
| 800 Meters          | 2:22                |
| 1600 Meters         | 5:40                |
| 3200 Meters         | 12:10               |

– An Athlete is not eligible for an award if they quit or are removed from the team prior to the conclusion of the entire season, regardless of their points, performances, and meets scored in.

– A runner is eligible if an injury prevented competition. In such cases, the coach and athletic administrator must agree upon the eligibility of the award. The runner must have proven her varsity status before the injury occurred.

– All award winners must finish the season, including post-season events, and are in *good standing* with the team.