

Varsity Lettering Standards

To earn a Varsity letter, a girl must achieve a both participation standard and performance standard. Those standards are as follows:

- i. regular attendance at practice*
- ii. compete in no less than 4 meets*
- iii. achieve a Varsity lettering standard (below)*

Running Event	Varsity standard
100m	13.90
200m	29.00
400m	1:08.00
800m	2:46
1600m (1 mile)	6:08 (6:10)
3200m	14:00
100m hurdles	19.00
300m hurdles	55.00

Field Event	Varsity standard
Long Jump	13-9
Triple Jump	28-4
High Jump	4-6
Shot Put	26-0
Discus	75-0

Girls who attend practice on a regular basis and compete in no less than 4 meets, but who do not achieve a Varsity lettering standard will be awarded with a JV certificate.

Notes:

- a. In races of 400m and below, a girl must run the standard or faster (e.g. 13.9 in the 100m, not 13.91), but in races over 400m, we do not consider tenths of a second, only minutes and seconds (e.g. a girl in the 800m can run 2:46.00 or 2:46.99 and still hit the standard).
- b. The coaches reserve the right to award Varsity letters to girls who do not achieve a Varsity lettering standard on the basis of other performance standards such as competing in the Regional Championship Meet, demonstrating the potential to be a Varsity performer prior to an injury, earning a Varsity letter in a previous season while still working hard in the current season, etc.
- c. We will consider awarding Varsity letters to Seniors who do not achieve a Varsity lettering standard, provided those Seniors are good role models, work hard, follow team rules, attend practice on a regular basis and compete in no less than 4 meets.