

Varsity Lettering Standards

Every girl on the team must achieve a participation standard and performance standard in order to receive a JV certificate or Varsity letter. Both awards require regular attendance and competing in no less than 4 meets. To get a Varsity letter, a girl must also hit one of our Varsity letter standards.

To earn a JV certificate or Varsity letter, a girl must achieve both of the following:

- i. regular attendance at practice
- ii. compete in no less than 4 meets

To earn a Varsity letter, a girl must also:

- iii. achieve a Varsity lettering standard (below)

Varsity lettering standards:

100m	13.9	1600m	6:08.0	Long Jump	13-9
200m	29.0	3200m	14:00.0	Triple Jump	28-4
400m	1:08.0	100m hurdles	19.3	High Jump	4-6
800m	2:46.0	300m hurdles	56.0	Shot Put	26-4
				Discus	80-0

Notes:

- a. The reasoning behind this system is to create a sense of aspiration in our athletes. On some teams, it's possible to earn a Varsity letter by simply being on the team. With our team, the Varsity letter must be earned by doing more than simply showing up.
- b. The coaches reserve the right to award Varsity letters to girls who do not achieve a Varsity lettering standard on the basis of characteristics such as competing as a scoring athlete at the Regional Meet, demonstrating the potential to be a Varsity performer prior to an injury, etc.
- c. We will consider awarding Varsity letters to Seniors who do not achieve a Varsity lettering standard, but those Seniors must be good role models, supportive of their teammates, and meet the first two criteria above (i.e. regular attendance and competing in at least 4 meets).