

LASSITER TRACK AND FIELD

LETTERING CRITERIA

EVENT	PERFORMANCE BOYS	PERFORMANCE GIRLS
TRACK:		
100m Dash	11.40	13.60
200m Dash	24.00	28.00
400m Dash	54.00	63.50
800m Run	2:08.0	2:38.0
1600m Run	4:45.0	5:40.0
3200m Run	10:30	12:45
110m High Hurdles	16.50	
100m Low Hurdles		17.30
300m Int Hurdles	43.00	52.20
4x100m Relay	45.00	52.60
4x400m Relay	3:34.0	4:16.0
FIELD:		
Shot Put	42'00"	30'00"
Discus	120'0"	90'00"
Long Jump	19'00"	15'00"
Triple Jump	39'00"	32'06"
High Jump	5'09"	4'08"
Pole Vault	11'06"	8'00"

Other criteria for lettering include the following:

1. Score in Varsity County or Region Championship.
2. Place 1st in JV County or JV Region.
3. Rank among the top 2 in any event at the end of the season.
4. Receive a majority vote by the Coaches.
5. Have more than one event where the performance is very close to the lettering requirement.
6. Be a senior who has participated for two consecutive years and shown an average rate of improvement.

Loss of lettering privilege may occur whenever:

1. An athlete fails to finish the season in good standing.
2. An athlete is late or misses practice or meets.
3. An athlete acts inappropriately at any meet.
4. An athlete does not show for the banquet and fails to notify the Coaches.