

Central Kitsap Track & Field Letter Requirements

A varsity letter is one of the highest honors that an athlete can earn from his/her school. Varsity letters not only award excellence, but also dedication and desire. Listed below are the requirements to earn a Varsity Letter from Central Kitsap High School Track & Field.

- A) Any athlete **finishing the season** as one of the top four in an event (Gold, Silver, Bronze, Orange) **may** earn his/her Varsity letter.

- B) Athletes that successfully complete the season, but do not achieve Gold, Silver, Bronze, or Orange status may letter by scoring a minimum of one point in a Varsity meet.

- C) Athletes that successfully complete the season, but do not earn “A” or “B” levels, will need to score 25 points in order to letter. Points can be earned in the following ways:
 - 1) 5 points for starting on the first day of practice with ALL paper-work in to Ms. Conner (athletes competing in post-season competition for a Winter Sport, that report to practice as soon as their team is finished, will receive credit);
 - 2) 5 points for having a parent at the parent meeting (**required** to receive a uniform and compete);
 - 3) 2 points for competition in each of the varsity meets;
 - 4) In addition to scoring 25 pts, the athlete will have to meet the minimum qualifying standards in any single event. (See chart below.)

An athlete that has not reached the 25 points needed to letter, but has met the qualifying standard in two events and receives the vote of all coaching staff members will earn a letter.

ALL ATHLETES MUST HAVE A MINIMUM OF ONE MEET WORKER IN ATTENDANCE AT ONE OF OUR HOME MEETS IN ORDER TO RECEIVE VARSITY LETTER STATUS.

If at any time you miss more than one practice in a week, for any reason, you will not be physically or mentally prepared and you will not be able to compete in the next competition. If you miss a meet due to grade checks or athletic code violation, you will lose ALL letter points and have to start over at 0. You must complete the season in order to earn your letter – this includes League, Districts, and State, if you have qualified individually or as a member of a relay.

| | | <u>Minimum Performance Standards</u> | | | |
|-------|-------|--------------------------------------|---------|---------|-------|
| | Boys | Girls | | Boys | Girls |
| 100m | 11.8 | 13.9 | HJ | 5’7” | 4’6” |
| 200m | 23.9 | 28.8 | LJ | 17’0” | 13’0” |
| 400m | 56.8 | 1:09 | TJ | 38’0” | 30’8” |
| 800m | 2:15 | 2:40 | PV | 10’ | 6’ |
| 1600m | 5:10 | 6:10 | Javelin | 125’10” | 73’9” |
| 3200m | 11:30 | 13:20 | Shot | 40’ | 25’5” |
| 110HH | 17.6 | 100HH 19.5 | Disc. | 102’2” | 71’9” |
| 300IH | 46.2 | 59.5 | | | |