



## FITCH TRACK & FIELD VARSITY LETTER REQUIREMENTS

ALL LETTERS ARE GIVEN AT THE DISCRETION OF THE HEAD COACH. EARNING A VARSITY LETTER IN TRACK & FIELD INDICATES THAT AN ATHLETE HAS REPRESENTED FITCH HIGH SCHOOL AT THE HIGHEST LEVEL OF SCHOLASTIC ATHLETICS. TO EARN A VARSITY LETTER, AN ATHLETE MUST MEET ONE OF THE CRITERIA IN THE EVENT PERFORMANCE CHART OR ONE OF THE STANDARDS LISTED BELOW.

EVENT	BOYS		GIRLS	
	HAND TIME	FAT	HAND TIME	FAT
100M DASH	11.5	11.74	12.7	12.94
200M DASH	23.7	23.94	27.5	27.74
400M DASH	53.7	53.94	1:02.7	1:02.94
110M/100M HURDLES	16.3	16.54	16.7	16.94
300M HURDLES	42.5	42.74	50.7	50.94
800M RUN	2:08.0		2:32.0	
1600M RUN	4:58.0		6:00.0	
3200M RUN	10:38.0		12:50.0	
LONG JUMP	19'0"		15'0"	
HIGH JUMP	5'6"		4'10"	
POLE VAULT	11'0"		8'0"	
SHOT PUT	40'		30'	
DISCUS	120'		90'	

### OTHER WAYS TO EARN A VARSITY LETTER:

- SCORE AT LEAST 15 TOTAL POINTS THROUGHOUT THE SEASON
- FINISH IN THE TOP 8 IN AN INDIVIDUAL EVENT AT THE CONFERENCE OR DISTRICT CHAMPIONSHIP MEETS
- ALL SENIORS THAT ARE LOYAL AND DEDICATED TO THE PROGRAM

ATHLETES MUST FINISH OUT THE SEASON, INCLUDING ALL POST-SEASON EVENTS, AND IN BE "GOOD STANDING" WITH THE TEAM IN ORDER TO LETTER.

AN ATHLETE CAN JEOPARDIZE THEIR LETTERING STATUS IF THEY VIOLATE TEAM RULES OR IF THEY ARE NOT FULFILLING THEIR OBLIGATIONS TO THE TEAM THROUGHOUT THE COURSE OF THE SEASON.