

FITCH TRACK & FIELD

VARSITY LETTER REQUIREMENTS: OUTDOOR

BOYS		EVENT	GIRLS	
HAND TIME	F.A.T.		HAND TIME	F.A.T.
11.5	11.74	100M DASH	12.7	12.94
23.7	23.94	200M DASH	27.7	27.94
53.7	53.94	400M DASH	1:02.7	1:02.94
16.3	16.54	110M/100M HURDLES	16.7	16.94
42.7	42.94	300M HURDLES	50.7	50.94
2:08.0		800M RUN	2:35.0	
4:58.0		1600M RUN	5:56.0	
10:39.0		3200M RUN	12:50.0	
19'0"		LONG JUMP	15'0"	
5'8"		HIGH JUMP	4'11"	
11'0"		POLE VAULT	8'0"	
40'		SHOT PUT	30'	
120'		DISCUS	90'	

OTHER WAYS TO EARN A VARSITY LETTER:

SCORE AT LEAST 15 TOTAL POINTS THROUGHOUT THE SEASON

FINISH IN THE TOP 4 IN AN INDIVIDUAL EVENT AT THE CONFERENCE MEET

FINISH IN THE TOP 8 IN AN INDIVIDUAL EVENT AT THE DISTRICT CHAMPIONSHIP MEET

ALL SENIORS THAT ARE LOYAL AND DEDICATED TO THE PROGRAM

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

ATHLETES CAN JEOPARDIZE THEIR LETTERING STATUS BY VIOLATING TEAM RULES OR IF THEY ARE NOT FULFILLING THEIR OBLIGATIONS TO THE TEAM THROUGHOUT THE COURSE OF THE SEASON (ATTENDANCE, EFFORT, ATTITUDE, ETC.)

*** FINAL DECISIONS ON LETTERING STATUS OF ALL ATHLETES IS DETERMINED BY 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 "OTHER" STANDARDS LISTED.