

# FITCH TRACK & FIELD

## REQUIREMENTS TO EARN A VARSITY LETTER

BOYS		EVENT	GIRLS	
HAND TIME	F.A.T.		HAND TIME	F.A.T.
11.5	11.74	100M DASH	12.9	13.14
23.7	23.94	200M DASH	27.9	28.14
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	
4:54.0		1600M RUN	5:55.0	
10:35.0		3200M RUN	12:45.0	
19'0"		LONG JUMP	15'0"	
5'9"		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 10 TOTAL POINTS AT INVITATIONAL & CHAMPIONSHIP MEETS

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

QUALIFY FOR THE REGIONAL MEET IN A RELAY (TOP 4 FINISH AT DISTRICTS)

ALL SENIORS THAT ARE LOYAL AND DEDICATED TO THE PROGRAM

#### **\* FINAL DECISIONS ON VARSITY LETTERING STATUS 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 BE FULLY COMMITTED TO THE PROGRAM FOR THE DURATION OF THE OFFICIAL OUTDOOR SEASON & MEET ONE OF THE CRITERIA IN THE EVENT PERFORMANCE CHART OR ONE OF THE "OTHER" STANDARDS LISTED.

ATHLETES MUST FINISH THE SEASON, INCLUDING ALL POST-SEASON MEETS & PRACTICES, AND IN BE "GOOD STANDING" WITH THE TEAM IN ORDER TO EARN A VARSITY 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 (COMMITMENT, ATTENDANCE, EFFORT, ATTITUDE)