

COUGAR TRACK AND FIELD LETTERING

1. Earn a minimum of 7 points toward the varsity team score in our meets through out the season.
2. Run in the True Team Section or True Team State meet.
3. Place in the Conference Meet or the Section 1AA meet.
4. Coaches discretion based on:
 1. number of years out for track
 2. practice attendance
 3. personal goals, attitude, responsibility
 4. commitment to the team
5. Meet one of the standards listed below.

Standards:

100 meter	11.8	long jump	18' 9"
200 meter	23.8	triple jump	38' 6"
400 meter	54.0	high jump	5' 9"
800 meter	2:10.0	pole vault	10' 9"
1600 meter	5:00.0	shot put	40' 0"
3200 meter	10:30.0	discus	115' 0"
110 H.H.	16.5		
300 I.M.	44.5		