

# COLLINS



TRACK & FIELD

## MLCHS Track & Field 2024 CRITERIA FOR LETTERING – VARSITY

To earn a varsity letter in Track & Field, an athlete *must* abide by and achieve the following:

- Adhere to the Team Values
- Represent Collins in a sportsmanlike fashion at all meets and practices
- Show evidence of commitment to the team and *expertise in both running / field events and in the sport of track and field.*
- Show Improvement – year to year (i.e., set a PR in their event during the season)

The athlete must also meet at least two of the following criteria:

### 1) Records

- a) Break (vs. establish a school record) a school record (indoors or outdoors)

### 2) Score / Qualify (note: the score can be as part of a relay team)

- a) Qualify for either the State Indoor meet or qualify as an individual or relay team member (not an alternate – must have run the relay at the regional meet) for the State Outdoor meet
- b) Score at the Regional Meet and / or finish in the top 8
- c) Score at an invitational and / or finish in the top 8

### 3) Standards & performance

- a) Meet or exceed during the season the beginning of the season Time Trial Standards:

EVENT	BOYS	GIRLS
400	60.0	1:10
SP	33-0	22-6
30 Hurdle	6.5	6.9
100	12.6	14.5
LJ	16-0	13-0
1600	5:20	6:20

- b) Finish the season in the top 45 (or top 66% if there are less than 30 athletes listed) in the 3A Region 4 Rankings as posted by KY MileSplit

### 4) Coaches' discretion (e.g., senior who has been with the program for four years and just missed one of the above criteria and has shown good progression from the previous year).