

# COLLINS



TRACK & FIELD

## MLCHS Track & Field 2022 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) Score at 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 | 1:12  |
| SP        | 33-0 | 22-6  |
| 30 Hurdle | 6.5  | 6.9   |
| 100       | 12.6 | 14.5  |
| LJ        | 16-0 | 13-0  |
| 1600      | 5:25 | 6:25  |

- b) Finish the season in the top 45 (or top 65% 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).