

WEST VALLEY TRACK  
LETTERING STANDARDS

Each participant must complete the full season until he/she has been eliminated for competition to the state meet. In addition, an athlete must accomplish one of the following three standards to letter: (A) Earn a total of twelve team points in varsity competition. (B) Score points at the District Meet. (C) Meet one of the following standards **TWICE** during the season according to the participant's year in school during any regular meet, varsity or junior varsity.

BOYS

<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>
100 M. Dash	12.04	11.84	11.74
200 M. Dash	24.24	23.94	23.74
400 M. Dash	55.84	54.34	53.14
110 M. Hurdles	17.04	16.74	16.54
300 M. Hurdles	43.24	42.54	42.24
800 M. Run	2:11	2:09	2:08
1600 M. Run	4:59	4:51	4:46
3200 M. Run	10:52	10:32	10:22
Long Jump	18'8"	19'4"	19'8"
Triple Jump	38'6"	39'	39'4"
High Jump	5'8"	5'10"	6'0"
Pole Vault	10'6"	11'	11'6"
Shot Put	39'	42'	44'
Discus	115'	125'	130'
Javelin	135'	145'	150'

GIRLS

<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>
100 M. Dash	13.74	13.54	13.44
200 M. Dash	28.74	28.44	28.24
400 M. Dash	67.84	66.34	65.84
100 M. Hurdles	18.74	18.24	18.04
300 M. Hurdles	53.14	52.14	51.64
800 M. Run	2:44	2:39	2:36
1600 M. Run	5:58	5:50	5:46
3200 M. Run	13:17	12:57	12:47
Long Jump	14'6"	15'	15'4"
Triple Jump	31'	31'9"	32'3"
High Jump	4'6"	4'8"	4'10"
Pole Vault	7'	7'6"	8'
Shot Put	30'	31'6"	32'6"
Discus	80'	90'	95'
Javelin	90'	98'	102'