

Letter Award Policy

03/01/2013

An athlete must earn 100 points in the following areas: Attendance, participation, and performance. **You MUST compete in 85% of meets, regardless of point totals, to letter.** An athlete will be awarded points in the following manner:

Attendance

1 point for each practice attended

-5 points for any missed practice or missing a meet

You are allowed 3 absences regardless of reason and then you will miss 1 meet – every absence after that will result in a missed meet.

Participation

1 point for each JV meet you compete in

3 points for each varsity meet you compete in

Performance

1 point for each varsity point earned

1 point for each improved performance in a meet (improvement is bettering your previous best meet time or distance in an event.

25 points for equaling or breaking a varsity honor roll standard

Excused / Unexcused absences: An excused absence would be a doctor/dental appointment, a school related function, a church activity, illness or family emergency. An unexcused absence would be another sport's practice or game, job, or any absence that has not been turned into prior to practice. Unexcused absences will result in an athlete being unable to participate in the following meet. Excessive absences without prior approval can result in removal from the team.

A combined total of points equaling 100 will earn a varsity letter. There are two exceptions:

1. If an athlete is injured during the outdoor season and is unable to participate fully because of the injury, the coaching staff will decide objectively whether they felt the athlete would have reached the criteria, had the injury not occurred. Any awards will be given accordingly.
2. Any senior who did not achieve the 100 points but was a contributor to the team will be awarded a letter. A positive contributor is one who is hardworking, reliable, gives maximum effort and is a good role model for the other athletes.

Varsity Honor Roll Standards

100m	13.30
200m	27.50
400m	1:02.00
800m	2:31.00
1600m	5.37.00
3200	12.30
110H	17.80
300H	51.00

Discus	105'0
Shot Put	32'0

Long Jump	15'0
Triple Jump	32'6"
High Jump	5'0

Pole Vault	9'0
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Junior Varsity Honor Roll Standards Meeting the JV honor roll standard earns the athlete a team t-shirt. An athlete can only earn one t-shirt per season, regardless of varsity or JV. Junior Varsity honor roll standard does not earn points towards lettering.

100m	14.35
200m	30.50
400m	1:09.00
800m	2:45.99
1600m	6.15.00
3200	13.59
110H	20.00
300H	55.00

Discus	85'0
Shot Put	28'0

Long Jump	14'0
Triple Jump	30'0
High Jump	4'8

Pole Vault	8'0
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