

CVC Track & Field Automatic Letter Marks*

Event	Men's	Women's
100m	12.0	13.6
200m	24.0	28.0
400m	57.0	62.0
800m	2:20	2:35
1600m	5:15	5:45
3200m	11:15	12:30
110mH/100mH	17.0	18.1
300mH	44.5	52.0
Long Jump	19' 0"	15' 0"
Triple Jump	38' 0"	31' 0"
High Jump	5' 8"	4' 8"
Shot Put	42' 6"	30' 0"
Discus	125' 0"	91' 0"
Pole Vault	10' 0"	8' 6"

*Athletes must have competed in at least 80% of the track practices and meets to be able to earn a letter based on a qualifying standard.

TRACK LETTER POINT SYSTEM

1. Ten points are given for each season of track or cross country that you have participated in prior to this season. **= + 10 points**
2. Ten points are given for attending the **parent meeting on March 2.** Parent and athlete must attend. **= + 10 points**
3. Each scheduled regular practice attended counts as one point toward your team award. No point is given if you are absent or if you leave practice early. **= + 1 point**
4. Every meet participated in or worked at counts 2 points. If your absence is excused or if you leave the meet early, no points are given. **= + 2 points**
All athletes are expected to stay until the end of the league and weekend meets, because supporting team members is important.
5. Each point scored by placing in a meet counts toward your letter. Relay points are divided among the members. **= + 1 point**
6. One point is given each time you improve on your individual season best in each individual event. **= + 1 point**
7. Five points are given for bettering your career best. (Given only once in each season.) **= + 5 points**
8. Ten points are given for being a team captain. **= + 10 points**
10. **Deductions** of points from your letter total include
 - **5 points** for an unexcused absence from practice
 - **20 points** for each unexcused absence from a meet

(Points can also be deducted by the coaches for violating team rules.)

******200 points must be earned in a season to earn a letter!******

******Coaching staff reserves the right to award a letter in any circumstance******

Automatic Letter Standards

1. Break a School Record
2. Qualify for Masters
3. Hit any time or distance standard above.