

# Bison Track and Field Letter Requirements

A varsity letter not only awards excellence, but also dedication and desire. Listed below are the standards that an athlete must meet to earn a varsity letter in Track and Field. If an athlete earns a letter, but chooses not to compete at the divisional or state meet, they will forfeit the letter. Athletes must finish the season in good standing with the coaches. Any athlete who accumulates two (2) or more unexcused absences throughout the season will not become eligible for a varsity letter. Athletes can letter by scoring 180 points throughout the season using the cumulative point system or by attaining the minimum standard in any of the events.

<u>Points</u>	<u>Action</u>
10	Open gym workouts. Contact Coach Donisthorpe.
10	Each additional sport. Become a multisport athlete.
5	Participate in an elective P.E. class.
1	Sign up for Bison Track REMIND
2	Attend a regularly scheduled practice, on time to completion. Check in with managers
1	Attend a regularly scheduled practice with a tardy. If you do not check in with a manger by 3:35 you are tardy.
3	Practice with the team when school is not in session (Spring break).
1	Attend any meetings called by Coach Polk.
-5	An unexcused absence (2 forfeits letter), leaving a meet or practice early without prior approval.
6	Varsity meet competitor.
3	JV or freshmen meet competitor.
1	Every event participated in during a meet.
10	Competing in a Varsity invitational, Divisional and State meet.
1	Varsity meet points scored.
.5	Attaining a personal best
5	Qualifying for finals
2	Any dual or triangular meet in which you assist in the meet (events, concessions)
3	Any Varsity invitational, Divisional or State meet in which you assist in the meet.
10	Bison loyalty program.
10	Equipment turned in on the day selected by the coaching staff.
-5	Each day equipment is not turned in on time.
-5	Any team policy violation. Staff discretion

## Bison Track and Field Lettering Minimum Standards

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
13.5	<b>100 Meters</b>	11.5
28.5	<b>200 Meters</b>	23.5
63.5	<b>400 Meters</b>	53

2:35	<b>800 Meters</b>	2:05
5:50	<b>1600 Meters</b>	4:50
12:55	<b>3200 Meters</b>	10:25
17.0	<b>100/110 M Hurdles</b>	16.5
51	<b>300 M Hurdles</b>	43.0
32'	<b>Shot Put</b>	38'
85'	<b>Discus</b>	120'
100'	<b>Javelin</b>	140'
4'9"	<b>High Jump</b>	5'9"
15'	<b>Long Jump</b>	19'0"
32'	<b>Triple Jump</b>	40'
8'6"	<b>Pole Vault</b>	11'6"

## **DIVISIONAL TEAM STANDARDS**

14.2	100 Meters	12
29.8	200 Meters	24.8
65.5	400 Meters	55
2:45	800 Meters	2:15
6:05	1600 Meters	5:05
13:55	3200 Meters	11:25
18.0	100/110 Hurdles	17.5
29'0"	Shot Put	35'0"
75'0"	Discus	110'0"
85'0"	Javelin	125'0"
4'7"	High Jump	5'7"
14'0"	Long Jump	18'0"
30'0"	Triple Jump	38'0"
8'0"	Pole Vault	11'0"

**Meeting a qualifying standard does not guarantee an athlete will be on the Divisional team. The athlete must still be in the top 5 in the event and be in good standing with the coaches.**