

## **2011 Lettering Requirements**

### **Track & Field**

Each athlete **MUST** complete requirements 1 – 5.

1. Be to practice each day unless previously excused.
2. Do workouts prescribed by coaches without complaining.
3. Go to and participate in all scheduled meets.
4. Be positive and cheer teammates.
5. Finish the track & field season in good standings with team and coaches.

Each athlete **MUST** complete one or more of requirements 6 – 13.

6. Take one first, two seconds, or three thirds in varsity meets.
7. Score 20 varsity points or more.
8. Place in the top six individuals in the region meet.
9. Participate in the state meet and score a point or more.
10. Place in the top six in any major invitational meet.
11. Run, jump, or throw a state qualifying time, distance, or height at a school scheduled meet.
12. Be a member of the team for four years and not meet requirements 6, 7, 8, 9, 10, or 11.
13. Be selected by the coaches on other merits.