

LRHS Track & Field Varsity Letter Requirements

How can I earn a varsity letter?

To earn a varsity letter, you must satisfy at least one of the following requirements:

1. Earn a minimum of 10 points in varsity-level competition. In relay events, the points earned by a team are divided equally amongst the members of the team, which is four in a track relay. **This is how you can earn points:** Championship Meets, Relay Meets, and Invitationals: 10 points are awarded for 1st, 8 points are awarded for 2nd, 6 points are awarded for 3rd, 4 points are awarded for 4th, 2 points are awarded for 5th, and 1 point is awarded for 6th.
2. Win a first place medal in a varsity event at a championship meet, a relay meet, or an invitational.
3. Place in the top six or make the finals in a varsity event at a championship meet that holds preliminary competitions.
4. Perform at least as well as the mark(s) given for your event(s) in the VARSITY LEVEL PERFORMANCES table, which appears later in this document.
5. Have the top performance on the team in a standard event at the end of the season. The standard events are those contested in any of the championship meets and are listed in the VARSITY LEVEL PERFORMANCES table. You must have participated in 5 (five) meets to meet the minimum requirements to be eligible for District.

What if I quit track midseason?

Must complete the entire season through the district competition level. Track and Field is a sport that demands individual dedication, discipline, and focus. There are many other demands on a student athlete and a student must choose what is to be their focus. We normally will be able to balance those requirements. However, if a student athlete misses a major event due to conflicts or quits mid-season after scoring points or even being the top runner, he or she will not be awarded a Varsity Letter.

Will I earn a varsity letter if I come to practice every day?

No. However, **attendance at practice is required to be eligible for a varsity letter.** A varsity letter is not a certificate of participation. Giving varsity letters for coming to practice every day would be analogous to naming students to the honor roll for having perfect attendance in school. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter won't mean anything anymore.

Where did the performances in the VARSITY LEVEL PERFORMANCES table come from?

The coaches met and mutually agreed on the performance levels in the table in the standard events. There was research done to develop standards that meet the competition levels in our District, Region, and State.

Do relay splits count?

No. Due to the unreliability of relay splits, they cannot be used for individual times.

Who keeps track of the points I have earned and my performances?

The coaches keep the official records. Every effort is made to document your performances in every meet. This is done for numerous reasons. Most importantly, it is done to track your development.

Will performances in JV or Freshman/Sophomore events be considered?

Your times, heights, or distances will be considered regardless of the level of competition in which they were achieved. The only exceptions are that the event implements such as the shot put, discus, javelin, and the hurdles must be of the same weight or height as that used in varsity-level competition. The earning of sub-varsity medals in a competition will not be considered.

Only FAT Times will be accepted for meeting timing standards.

Only Fully Automated Timing (FAT) will be used during the year to record times. Practice or hand timed times and distances will not be used. Results are recorded on TFRRS Florida, Direct Athletics, flrunners.com, and the FHSAA.

Is there a maximum number of varsity letters that will be awarded?

No.

Is there a minimum number of varsity letters that will be awarded?

No.

What if I earned a letter last year?

This has no bearing on whether you will earn a varsity letter this year or not. You must earn your varsity letter every season.

What if I earned a varsity letter in cross country?

This also has no bearing on whether you will earn a varsity letter this spring or not. Again, you must earn your letter every season.

What if I get injured during the season?

The awarding of a varsity letter will be at the discretion of the coaching staff. They will evaluate your development up to the point of your injury and determine if you would have earned a varsity letter. If you are injured while participating in an unauthorized activity, such as a club sport, you may not be awarded a varsity letter, regardless of other factors.

Am I guaranteed a varsity letter if the conditions above are met?

No. Factors such as poor attendance may weigh against your favor. You must be at practice and at the meets. The decision as to what qualifies as an excused absence rests with the coaches, not with the athletes. You must also do everything asked of you by the coaches. You must always conduct yourself in the appropriate manner, which includes working your hardest and being respectful to your teammates, coaches, opponents, and the officials. You must complete the entire season through the district meet.

Will I be issued a Varsity letter If I have not turned in all issued uniforms and equipment?

NO letter will be issued until the athlete has taken the responsible actions to turn in their uniform and any equipment. If not returned, a debt card will be turned in to the bookkeeper and the student will not be able to graduate or purchase parking passes or Prom tickets until the fines have been paid. If not returned, track and field charges are: \$100.00 for uniform singlet.

Will the VARSITY LEVEL PERFORMANCES table be the same next year?

Not necessarily. The table will be re-evaluated every season.

<u>BOYS PERFORMANCE</u>	<u>EVENT</u>	<u>GIRLS PERFORMANCE</u>
11.7	100m	13.5
23.75	200m	28.0
54.5	400m	1:08.0
2:10.0	800m	2:40.0
4:51.0	1600m	5:52.00
10:47.14	3200m	13:19.0
1:04.62	400m IH	1:20.00
17.5	110m HH	N/A
N/A	100m HH	18.5
6.01m	Long Jump	4.57m
10.97m	Triple Jump	8.53m
1.67m	High Jump	1.34m
2.69m	Pole Vault	2.02m
11.75m	Shot Put	7.75m
36.0m	Discus	22.0m
35.0m	Javelin	24.0m