

ERHS Track & Field Lettering Policy

To be given consideration for a track & field varsity letter the following criteria must be met. Your high school academics must be in good standing. It is important to have excellent practice attendance. Your behavior and actions need to represent the team in a positive manner.

To earn a varsity letter, you may qualify in one of the following ways:

1. Score a point in an individual event at the Suburban East Conference Meet or the Section 3AA Meet. If you are a member on a relay team, the relay team must place in the top four.
2. Achieve the lettering standard in a qualifying track & field event.
3. Perfect attendance for a junior or senior student. The student must be in their 2nd year or more of track & field participation.
4. Coaches recommendation or decision.

Event:

Lettering Standard:

100 Meter Dash	Boys/Girls – 11.80 / 13.80
200 Meter Dash	Boys/Girls – 23.80 / 28.00 G
400 Meter Dash	Boys/Girls – 54.00 / 64.00
800 Meter Dash	Boys/Girls – 2:06.00 / 2:29.00
1600 Meter Dash	Boys/Girls – 4:55.00 / 5:55.00
3200 Meter Dash	Boys/Girls – 10:50.00 / 12:30.00
110 High Hurdles	Boys/Girls – 16.60 / 17.50
300 IM Hurdles	Boys/Girls – 44.50 / 51.50
Long Jump	Boys/Girls – 19' / 15'
Triple Jump	Boys/Girls – 39' / 32'
High Jump	Boys/Girls – 5' 8" / 4' 8"
Discus	Boys/Girls – 125' / 86'
Shot Put	Boys/Girls – 42' / 29' 6"
Pole Vault	Boys/Girls – 10' / 7' 6"