

## Lettering Policy

In order to earn a Varsity Letter, you must do the following:

1. Compete in the True Team Section Meet  
OR
2. Compete in the South Suburban Conference Meet  
OR
3. Compete in the Section 1AA Meet  
OR
4. Compete in the True Team State Meet  
OR
5. Compete in MSHSL State Meet  
OR
6. Meet the following times/heights/distances:

100m:	13.9
200m:	28.5
400m:	65.0
800m:	2:35
1600m:	6:05
3200m:	13:10
100H:	18.5
300H:	53.0
Pole Vault:	7'6"
High Jump:	4'8"
Long Jump:	14'6"
Triple Jump:	30'0"
Discus:	90'0"
Shot Put:	30'0"

\*\*\*AND\*\*\*

7. Volunteer at 2 RAAA meets, RAAA clinic, or middle school track meets this season. Please fill out the form found on the website once you have volunteered at a meet and turn it in at least one week prior to the banquet.
8. Be in good standing with the coaches and teammates.  
(attendance, attitude, effort, equipment turned in, etc.)