

Owatonna Girls Track Lettering Requirements

An athlete must meet these 4 requirements to earn a **VARSITY LETTER** in Track and Field:

1. **Attend and be on time to practice every day:**
 - a) Excused absences must be communicated prior to practice and for legitimate reasons (Illness, Dr Appointment, etc) and approved by the coach.
 - b) Work commitments need to be scheduled around practices and meets.
2. **Abide to the agreed upon MSHSL student-athlete code of conduct during the season.**
3. **Must have a positive attitude** (respect coaches, work hard, be a good teammate, take care of equipment, display good sportsmanship, etc.)
4. **Achieve at least ONE of the following performance qualifications:**
 - a) Place (top 8 or 9) at Big 9 or Section meet in any event
 - b) Finish top 3 on the team's Season Best list for an individual event
 - c) Seniors who have completed at least 2 seasons and shown effort and commitment to the team
 - d) Be a strong and regular contributor on the varsity level relays (4x100, 4x200, 4x400, 4x800)
 - e) Meet or exceed the "Automatic Letter Standards" listed below

Automatic Letter Standards

Shot Put	30'
Discus	90'
High Jump	4'8
Long Jump	15'
Triple Jump	32'
Pole Vault	7'6"
100 Meter	13.85
200 Meter	28.5
400 Meter (*or equivalent split in relay)	65.0
800 Meter (*or equivalent split in relay)	2:35
1600 Meter	6:00
3200 Meter	13:30
100m Hurdles	17.7
300m Hurdles	52.5

*All letters awarded are at the coaching staff's discretion. Athletes must compete in championship meets if they qualified and complete the full season in good standing.