

VARSIY LETTER CRITERIA

An athlete must meet criteria **I**. to receive a Varsity letter. Additionally, they must meet at least one of the other criteria (**II, III, IV, or V**), at the discretion of the Coaching Staff.

- I. Finish the season in good standing, showing the work ethic and commitment commensurate with a Norcross athlete across the season in practice and meets.
- II. Meet or exceed any of the **Varsity** standards below.
- III. Score a minimum of 5 point(s) in the season, as an individual or member of a relay team, in **Varsity** meets.
- IV. Score point(s), as an individual or member of a relay team, in the **Varsity** Region meet.
- V. Be a Senior who has finished at least (1) one previous season in good standing.

VARSIY STANDARDS (SUBJECT TO CHANGE, SEE COACHING STAFF):

	Boys	Girls
Events	Standards	Standards
100m	11.7	13.7
200m	24	28.3
400m	53	1:04
800m	2:07	2:32
1600m	4:45	5:45
3200m	10:35	12:35
110/100m hurdles	17.5	19
300m hurdles	44	54
Shotput	38'6"	27'
Discus	100'	75'
Pole Vault	9'6"	7'6"
Long Jump	18'9"	14'
Triple Jump	38'6"	30'
High Jump	5'8"	4'8"

Those athletes who only meet **criteria I** at the end of the season will receive a certificate of participation.

****ALL-COMER MEETS DO NOT COUNT AS A VARSITY MEET****