

Greenwood Track & Field Letter Policy

Earning a track and field letter is a competitive process. Performances against teammates and against set standards determine who will receive a track and field letter. There are four ways to earn a track and field letter.

PREREQUISITE TO LETTER: Compete in four (4) varsity track and field meets prior to the region. Regardless of the method used to earn a letter, all athletes must compete in four varsity meets to be considered for a track and field letter.

Method #1 – Meet a qualifying mark in an individual event.

- Time/mark must be achieved in a **varsity** track and field meet during the **current** season.
- Time/mark must be achieved **twice** during the season.
- Qualifying marks/times are a 5% adjustment of the MileSplit 2016 Kentucky Standards.

Event	Male	Female
100m dash	12.0	13.9
200m dash	24.6	28.8
400m dash	55.1	1:06.1
800m run	2:11.3	2:39.6
1600m run	4:59.2	6:02.2
3200m run	11:01.5	13:23.3
110m/100m hurdles	17.3	18.6
300m hurdles	45.2	53.6
Long Jump	19-00.00	14-07.75
Triple Jump	38-07.50	30-04.75
High Jump	5-08.00	4-08.00
Pole Vault	10-00.00	7-00.00
Shot	41-03.75	29-11.00
Discus	118-09.00	83-07.00

Method #2 – Compete in the region track and field championship.

- Compete in any of the eighteen (18) individual or relay events at the region track and field championship.
- Coaches will determine event assignments for the region championship meet.
- Athletes that do not compete in an assigned event (without coach approval) will forfeit their letter.

Method #3 – Region track and field championship relay alternates that meet specific criteria.

- Coaching staff has the opportunity to list up to four alternates in each of the four relay events at the region track and field championship.
- Relay alternates on the region track and field roster will letter **IF** the alternate meets one of the following criteria:
 1. Substitutes for one of the four relay members at the region championship meet.
 - a. If a substitution is necessary, the coaching staff will determine which alternate will run.
 2. Substitutes for one of the four relay members at the state championship meet.
 - a. If a substitution is necessary, the coaching staff will determine which alternate will run.
 3. Meets a qualifying time in the corresponding individual event.
 - a. Time must be achieved in a **varsity** track and field meet during the **current** season.
 - b. Time must be achieved **twice** during the season.
 - c. Time must be achieved in the **individual** event. Split times are not official and will not be used.
 - d. Running the qualifying time does not guarantee a relay alternate spot. Qualifying times will only be used to determine if alternates selected by coaching staff will letter.
 - e. Qualifying times are a 12% adjustment of the MileSplit 2016 Kentucky Standards.

<u>Event</u>	<u>Male</u>	<u>Female</u>
100m (for the 4x100m relay)	12.8	14.8
200m (for the 4x200m relay)	26.2	30.7
400m (for the 4x400m relay)	58.8	1:10.6
800m (for the 4x800m relay)	2:20.0	2:50.2

Method #4 – Compete in the KHSAA Indoor State Championship.