

# Kentridge High School

## Track and Field

### Standards for Varsity Letters

- 1) Score 10 pts. throughout the year. (7 for 5 dual meet season)
- 2) Member of relay team who competes in WCD meet
- 3) Meet one of the following standards for an event.
- 4) A senior four-year track athlete in good standing

*electronic times*

<b>Event</b>	<b>Men</b>	<b>Women</b>
<b>100</b>	11.50	13.25
<b>200</b>	23.50	27.60
<b>400</b>	53.40	64.60
<b>800</b>	2:06.00	2:35.00
<b>1600</b>	4:45.00	5:50.00
<b>3200</b>	10:30.00	12:50.00
<b>110 HH</b>	16.70	18.00
<b>300 IH/LH</b>	43.50	53.00
<b>Shot Put</b>	42'	29'
<b>Discus</b>	117'	88'
<b>Javelin</b>	130'	85'
<b>High Jump</b>	5' 8"	4' 6"
<b>Pole Vault</b>	10'6"	8' 0"
<b>Long Jump</b>	19' 7"	15' 0"
<b>Triple Jump</b>	39' 0"	31' 0"

Athletes must finish season unless injured.

Must attend 75% of the regular season to qualify for injury exception

Max. 7 absences for PE credit

Must compete in at least half of the meets