

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

Event	Men	Women
100	11.50	13.20
200	23.50	27.50
400	53.70	64.30
800	2:07.30	2:35.20
1600	4:44.00	5:50.00
3200	10:32.00	12:55.00
110 HH	17.10	18.10
300 IH/LH	44.30	52.60
Shot Put	41' 6"	29' 9"
Discus	114'	85' 6"
Javelin	129'	77'
High Jump	5' 6"	4' 6"
Pole Vault	10'	7' 6"
Long Jump	19' 6"	15' 0"
Triple Jump	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