

# Foothill Track and Field

## Lettering Standards - 2016

One of the major efforts put forth by athletes in track and field is to try to earn a varsity letter in their sport. At Foothill, we take lettering as a high accomplishment for all athletes. Athletes can earn a letter by one of the following methods:

1. Varsity Letter Standard – Athletes can qualify for their varsity letter by meeting an athletic standard in any track and field event. Athletes must meet the standard in varsity competition. See below for the standards.
2. Points – Athletes can earn points in EBAL Dual Meets and EBAL Championships. An athlete will qualify for a varsity letter if 10 or more points are scored in varsity competition over the span of one season. See below for point totals.
3. NCS – An athlete will qualify for a letter if they advance to the NCS Tri-Valley Championships as an individual.
4. Coaches Award – Athletes who have shown a dedication to the team for 3 or 4 years may qualify for a varsity letter. This is only available to seniors.

Even when meeting one of the criteria, varsity letters are not automatic. Athletes must also

- Maintain acceptable academic standards (2.0 GPA) during the entire season
- Consistently attend at all practices and meets. If athletes must miss practice or meets they have discussed this with their coach.
- Consistently train hard, work with others, and be a positive representative of Foothill and Pleasanton whether at home or away.
- Compete in any championship and event for which they qualify (EBAL, NCS Tri-Valley, NCS Meet of Champions, CIF State). If there are any potential conflicts that would prevent an athlete from competing at these events, an athlete must speak with Coach Quero at least 30 days before the event.

All varsity letters are ultimately the decision of the coaches. **THERE ARE NO AUTOMATIC LETTERS!** If athletes are dismissed from the team for any reason after meeting one of the above criteria they will not receive a letter.

# Point Scale

## Dual Meets

**5 points** – 1<sup>st</sup> Place Overall in a Varsity Event

**3 Points** – 2<sup>nd</sup> Place Overall in a Varsity Event

**1 Point** – 3<sup>rd</sup> Place Overall in a Varsity Event

**Relay** – 1/4<sup>th</sup> of 1<sup>st</sup> Place Points – 1.25 Points

## EBAL Championships

**10 Points** – 1<sup>st</sup> Place Overall in a Varsity Event

**8 Points** – 2<sup>nd</sup> Place Overall in a Varsity Event

**6 Points** – 3<sup>rd</sup> Place Overall in a Varsity Event

**4 Points** – 4<sup>th</sup> Place Overall in a Varsity Event

**2 Points** – 5<sup>th</sup> Place Overall in a Varsity Event

**1 Points** – 6<sup>th</sup> Place Overall in a Varsity Event

**Relay** – 1/4<sup>th</sup> of Place Points

## Lettering Standard

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
<b>100m</b>	<b>11.7</b>	<b>13.0</b>
<b>100/110mH</b>	<b>17.0</b>	<b>17.7</b>
<b>200m</b>	<b>23.0</b>	<b>27.3</b>
<b>300mH</b>	<b>44.0</b>	<b>50.5</b>
<b>400m</b>	<b>54.2</b>	<b>62.1</b>
<b>800m</b>	<b>2:05.0</b>	<b>2:36.0</b>
<b>1600m</b>	<b>4:52.0</b>	<b>5:50.0</b>
<b>3200m</b>	<b>10:32.0</b>	<b>12:53.0</b>
<b>Shot</b>	<b>40-0</b>	<b>27-0</b>
<b>Discus</b>	<b>115-0</b>	<b>77-0</b>
<b>LJ</b>	<b>19-2</b>	<b>15-0</b>
<b>TJ</b>	<b>40-1</b>	<b>30-0</b>
<b>HJ</b>	<b>5-10</b>	<b>4-8</b>
<b>PV</b>	<b>11-5</b>	<b>8-6</b>