

## How Do I Earn a Letter in PLHS Girls Track?

*Any athlete will receive a varsity letter if they achieve any one of the following criteria:*

1. Score a minimum of 10 points in **varsity track meets** throughout the season.
  2. Place individually, or on a relay at any of the following track meets:
    - Conference meet
    - Section individual meet
    - State individual meet
  3. Achieve the lettering standard in an open event two times at any track meet during the season.
  4. Any senior athlete who **completes** their third, fourth, or fifth year.
- An athlete must complete the season to receive her letter.
  - The coaching staff reserves the right to award a letter to anyone at their own discretion. Athletes who demonstrate an excellent attitude, a high amount of dedication, and an outstanding amount of effort may earn a letter.

### PLHS GIRLS TRACK LETTERING STANDARDS

100 M	13.30
200 M	27.50
400 M	62.00
800 M	2:27.00
1600 M	5:25.00
3200 M	12:15.00
100 M Hurdles	17.50
300 M Hurdles	51.00
Long Jump	15'6"
Triple Jump	32'0"
Pole Vault	9'0"
High Jump	5'0"
Shot Put	32'0"
Discus	100'0"

**\*\*ALL LETTERING TIMES/MARKS MUST BE OFFICIAL MEET RESULTS (not wind-aided).**

**\*\*RELAY SPLITS DO NOT COUNT.**