

2021 C.M. RUSSELL TRACK AND FIELD

TRACK AND FIELD REQUIREMENTS TO EARN A VARSITY LETTER

IN ORDER TO EARN A VARSITY LETTER, THE ATHLETE MUST SATISFY ONE OF THE FOLLOWING CRITERIA.

1. SCORE 7 POINTS IN VARSITY COMPETITION. POINTS ARE AWARDED BASED ON FINISH PLACE. POINT VALUES VARY FROM DUALS TO TRIANGULARS TO INVITATIONALS.
2. SCORE POINTS IN ONE OF THE FOLLOWING MEETS: STATE, DIVISIONAL, G.F. INVITE (GIRLS) DAHLBERG INVITE (BOYS)
3. COMPLETE 3 CONSECUTIVE YEARS ON THE TEAM.
4. COMPLETE THE SEASON AS A SENIOR.
5. MEET ONE OF THE FOLLOWING PERFORMANCE STANDARDS

EVENT	BOYS STANDARD	GIRLS STANDARD
100	11.40	13.20
200	23.30	27.50
400	52.80	62.50
800	2:04	2:34
1600	4:43	5:50
3200	10:26	12:50
100/110 H	15.9	16.70
300 H	42.0	51.50
HIGH JUMP	6'	5'
LONG JUMP	20'	15'
TRIPLE JUMP	40'	32'
POLE VAULT	12'	8'9
SHOT PUT	47'	33'
JAVELIN	160'	110'
DISCUS	140'	100'