



GIRLS TRACK & FIELD LETTERING CRITERIA

Earning a varsity letter in track and field is a recognition of an athlete's dedication, commitment, and consistent contribution to the team. Varsity letters may be awarded to athletes who meet all of the following criteria:

- **Attendance:** Miss no more than five (5) practices/meets during the season, unless absences are due to prolonged illness, injury, or family emergency and are communicated in advance to the coaching staff.
- **Team Commitment:** Consistently uphold the core values of the Chanhassen Storm Track and Field program, including sportsmanship, leadership, a positive attitude, and support for teammates.
- **Performance:** Meet at least one (1) of the following performance standards:
 1. An event place winner at the Metro West Conference Championship Meet.
 2. An event place winner at the Section 2AA Championship Meet.
 3. A senior who has successfully completed two (2) or more years or a junior who has successfully completed three (3) or more years as a member of the Storm Track and Field team.
 4. Meet or exceed the event standard any time throughout the season:

Event	2021	2022	2023	2024	2025	Average	2026 Standard
100m	13.96	13.48	13.4	13.01	13.08	13.2425	13:24
200m	28.87	28.2	27.62	27.1	26.84	27.44	27.44
400m	67.52	65.04	61.33	62.64	61.72	62.6825	1:02.68
800m	2:30.77	2:24.04	2:30.11	2:26.31	2:33.75	2:28.996	2:29.00
1600m	5:44.07	5:38.53	5:57.88	5:47.49	6:01.66	5:49.926	5:49.93
3200m	11:57.59	12:32.63	13:33.54	13:58.94	13:31.45	13:06.83	13:06.83
100m Hurdles	21.13	19.56	19.35	18.98	18.23	19.03	19.03
300m Hurdles	57.81	55.22	53.71	52.59	50.67	53.0475	53.05
Long Jump	15-0.5	13-7.5	14-1.5	15-3	15-5.25	14-8.35	14-8
Triple Jump	30-5.5	25-1	29-9.5	31-0	30-4	29-4	29-4
High Jump	4-6	4-6	4-6	4-10	4-8	4-7	4-7
Pole Vault	8-0	5-0	7-0	6-6	6-6	6-7	6-7
Shot Put	27-2.5	23-3.5	27-5.5	27-3.5	28-8	26-9	26-9
Discus	67-11	62-5	84-11	67-8	77-10	72-1	72-1

(1) Times must be achieved with fully automated timing (FAT) or adjusted with .24 for hand held times

(2) Season lettering standards are calculated by taking the average of the third fastest mark each year in every individual event for the past 5 years, similar to how they determine the State Qualifying Standards.

- **Coaches' Discretion**

Lettering is not only about athletic ability—it signifies a strong work ethic, accountability, and a selfless commitment to the team and its shared goals.