

Pendleton Boys Track and Field Varsity Letter Standards

An athlete must accomplish one of the following to earn a varsity letter in Track and Field.

1. Score 15 or more points in varsity competitions. Points for relay events will be divided by 4.
2. Seniors who have completed a minimum of 4 years and finish their senior year in good standing.
3. An athlete scores at the region, upper state, or state meet.
4. If any of the performance standards below and all other team membership rules are met an athlete will earn a varsity letter.

EVENT	TIME / HEIGHT / DISTANCE (TIMES ARE FAT)
110 METER HURDLES	15.9
100 METERS	11.5
200 METERS	23
400 METERS	53
400 METER HURDLES	1:02.00
800 METERS	2:07
1600 METERS	4:55
3200 METERS	10:38
HIGH JUMP	6'
LONG JUMP	20'
TRIPLE JUMP	43'
SHOT PUT	43'
DISCUS	123'
POLE VAULT	11'
JAVELIN	120'

Athletes are not eligible for awards if they quit or are removed from the team before the end of the season.