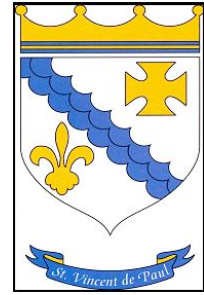




## ROYALS TRACK & FIELD Lettering Standards



**New in 2013** While T&F is a unique sport with many events and opportunities to excel, new lettering standards have been established to encourage steadfast dedication, leadership, respect for others, personal progress and a positive attitude.

**There will be NO VARSITY LETTERS awarded to 5th or 6th graders - regardless of their athletic talent.** Middle school T&F involves more than innate athletic gifts, but rather commitment to participation, respect for others and experience on the field. With that being said, an individual who comes out for T&F for the first time in 8th grade may participate at the varsity level, but may not earn a SVDP T&F Letter. I strongly believe that middle school athletics are not the place to crush growing talent, but rather a place to support effort, instill hard work, provide opportunities for success without the focus on how many awards one can receive.

In addition, you must meet at least one of the criteria listed below:

### **Point System:**

Athletes earning a minimum of **25 points** throughout the season will be awarded a letter in 7th or 8th grade. Points are earned in the following manner:

- ★ Attendance, dedication, respect for self and others (4 points per season)
- ★ Points earned for placing in a Varsity Event (7th & 8th graders).
  - 1st place = 8 pts
  - 2nd place = 6 pts
  - 3rd place = 4 pts
  - 4th place = 2 pts
  - 5th place = 1 pt
- ★ 3 pts for assisting with mini-T&F instruction
- ★ 4 pts for lettering in ONE event during the year (not enough to letter)
- ★ 6 pts earned for completing previous season and coming out the next year (These points are accrued at the START of the following season. For example - athlete participated fully in 6th grade, not placing in any meets or acquiring time qualification, comes out again in 7th grade - AUTOMATIC 6PTS at the start of 7th grade)

# ROYALS TRACK & FIELD

## Lettering Standards

### **Objective Time Standards**

An athlete who has met 2 of the standards listed below will receive their award in 7th or 8th grade if they remain an active member of the SVDP team:

<b>BOYS:</b>		<b>Girls</b>	
100m -	15.2	100m -	15.5
100m H -	20.5	100m H -	20.5
200m -	31.0	200m -	33.0
400m -	72.0	400m -	76.0
800m -	2:55	800m -	3:10
1600m -	6:20	1600m -	7:05
Shot Put -	25'	Shot Put -	21'
Long Jump -	13'	Long Jump -	11'6"
High Jump -	4'- 0"	High Jump -	4' 0"

\*\*Coaches also bear the right to bestow or to withhold a letter to an individual if circumstances present themselves.\*\*