

**Walton Raiders Track & Field
Lettering Criteria**

<u>Event:</u>	<u>Boys</u>	<u>Girls</u>
100m	11.60	13.60
200m	24.00	28.20
400m	54.00	1:04.00
800m	2:10.00	2:40.00
1600m	4:50.00	5:50.00
3200m	10:45.00	12:55.00
100/110m HH	17.50	18.00
300m IH	45.00	50.00
400m Relay	45.00	52.60
1600m Relay	3:32.00	4:12.00
Long Jump	19'6"	14'6"
Triple Jump	38'0"	30'0"
High Jump	5'10"	4'10"
Pole Vault	11'0"	8'6"
Shot Put	41'0"	30'0"
Discus	115'0"	80'0"

- Performances must occur in an official meet.
- Times must be fully-automatic timing (FAT) for events 200m or less. For hand-timed results, the time will be rounded up to the next tenth and .24 will be added to the results.
- The performance shown above must be part of the progression of improvement or the person must show consistency.
- The athlete must finish the season in good standing.
- Standards may be altered for disciplinary reasons.
- An athlete may also earn a varsity letter if:
 - Receive a majority vote from the coaches.
 - Score in the Varsity County or Varsity Region meets.
 - Set or tie a Walton School Record.
 - Place 1st in the JV County or JV Region meets and the performance is equal to or better than 8th place in the Varsity County or Varsity Region.