



2019 Elk River Track and Field Lettering Criteria

Name: _____ Grade: _____ Event Group: _____

To letter an athlete must earn 20 or more points and have points in each of the 3 categories.

Preparation:

- _____ 1. Fall school sponsored sport (3 pts) (Must complete successfully) Sport: _____
- _____ 2. Winter school sponsored sport (4 pts) (Must complete successfully) Sport: _____
- _____ 3. Summer Strength and Speed (2 pt) (Must earn silver level) Coach: _____
- _____ 4. Winter strength and Speed (2 pt) (Must earn silver level) Coach: _____
- _____ 5. Winter track from Jan-March (2 pt) (Must attend at least 2 days/week)
- _____ 6. Strength as a class during school (2 pt)
- _____ 7. 30 Day Fitness Challenge at beginning of season. This is only for non-winter sport people: **(2 pts)**

Performance:

- _____ 1. Compete on varsity in the following meets:
 Be on the list for Lakeville Invite (1pt) Hamline Elite (1pt)
 True Team Section (1 pt) True Team State (2 pts)
 Conference (1 pt) Section 7AA (1 pt) State (2 pts)
- _____ 2. **BREAK** lettering standard **twice**. (2 pts per event)

	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
100 M	12.0	14.0	300M	46.0	54.0
200 M	24.5	29.0	Long Jump	18.06	14.06
400 M	55.0	67.0	Triple Jump	37.00	29.00
800 M	2:12.0	2:40.0	High Jump	5.06	4.06
1600 M	5:05.0	6:00.0	Pole Vault	10.06	7.06
3200 M	10:50.0	13:10.0	Shot	40.00	30.00
100/110 H	17.0	18.0	Discus	115.00	85.00

- _____ 3. Achieve a PR in an event you participated in at least 4 times in last season (3 pts)(Veterans only can get this)
- _____ 4. Receive any award for track (1 pt each) (All conference, MVP, Academic All State, etc.)
- _____ 5. 1 Pt for every 10 meet points scored.(Coach will fill this out)
- _____ 6. Break Varsity School Record (1pt)

Team:

- _____ 1. Loyalty. 1 pt for every year on high school team.
- _____ 2. Recruitment. 1 pt for every new athlete you recruit (3 pt max) Names: _____
- _____ 3. Attendance. 3 pts for absolute perfect attendance 2 pts for excused absences (at home sick or school work)
- _____ 4. Uniform turned in on time. (1 pt)
- _____ 5. Make all non school day practices. (1 pt)
- _____ 7. Volunteer for track (you or parents)(1pt/per session)
- _____ 8. Intangibles (positive, work ethic, camp initiative, last second fill-in,filled in by coaches) (3 pts max)
- _____ 9. Made all Spring Break Practices(1pt)

Deductions:

- _____ 1 pt per unexcused absence
- _____ 50 pts per missed meet due to MSHSL discipline.
- _____ 50 pts if uniform is not turned in.

Preparation: _____ Performance: _____

Team: _____ Deductions: _____

TOTAL POINTS: _____