

RANDOLPH GIRLS SPRING TRACK

VARSIITY LETTER:

1. Accumulate one (1) varsity point per each dual meet that is held during the season. Example: If there are eight (8) meets during the season, you would need 8 points for a letter.
2. Any senior that successfully completes the season, and participates in all the teams dual meets will receive a varsity letter.
3. Meet the Varsity Mark Standard (Listed Below)*
4. Varsity scorer in an Invitational Meet.

JV LETTER

1. Any sophomore or junior that successfully completes the season and has participated in $\frac{3}{4}$ of the teams dual meets will receive a JV letter.

FROSH LETTER

1. Any freshmen that successfully completes the season and has participates in $\frac{1}{2}$ of the teams dual meets will receive a freshmen letter.

*VARSIITY LETTER STANDARD

100m	13.6
200m	28.0
400m	65.0
800m	2:36.0
1600m	5:55.0
3200m	12:50.0
100m HURDLES	17.5
400m HURDLES	73.0
HIGH JUMP	4-6
POLE VAULT	8-0
TRIPLE JUMP	28-6
LONG JUMP	14-6
SHOT PUT	29-0
DISCUS	89-0
JAVELIN	85-0