

RANDOLPH GIRLS WINTER TRACK

2014 VARSITY LETTER REQUIREMENTS

55m	8.24
55m High Hurdles	10.14
300m Dash	48.24
400m Dash	65.24
600m Run	1:50.62
800m Run	2:37.12
1000m Run	3:35.12
1600m Run	6:07.12
3200m Run	12:50.12
High Jump	4-6
Shot Put	28-0

REQUIREMENTS

- (1) Meet Varsity Standard**
- (2) Score in the Top Five or Six of a Varsity Meet**
- (3) Top Performer in Your Event**