

Varsity Letter Awards Guidelines *Outdoor Track*

-Athletes must earn 15 points for a varsity letter

Invitational meets will be scored:

- ❖ 1st 10 points
- ❖ 2nd 8 points
- ❖ 3rd 6 points
- ❖ 4th 4 points
- ❖ 5th 2 points
- ❖ 6th 1 point

Dual meets will be scored:

- ❖ 1st 5 points
- ❖ 2nd 3 points
- ❖ 3rd 1 point

-Relays will split points

-Seniors who compete will earn a varsity letter



Order of Events in a High School Track Meet

Track Events

3200M relay
100M hurdles
110M hurdles
100M dash
1600M run
400M dash
400M relay
300M hurdles
800M run
200M dash
3200M run
1600M relay



*All track events are girls followed by boys

Field Events

Boys:
Shot
Discus
Javelin

Girls
Javelin
Shot
Discus

Pole Vault
Triple Jump
Long Jump
High Jump

Triple Jump
High Jump
Long Jump
Pole Vault