

Edina Boys Track and Field Lettering Standards

ALL of the following:

- Successful completion of season.
- Miss no more than one meet (if injured or not competing, come to support other athletes)
- Miss no more than 7 practices– Special circumstances will be handled on a case-by-case basis (Spring Break Trips will count as 2 total absences).
- DO NOT miss a **Mandatory** Saturday practice.
- Show good sportsmanship and leadership qualities that represents Edina High School in a manner that reflects its proud tradition.

AND one of the following:

- Meet an Individual Performance Standard (see below).
- Individually place (top-8) in the Lake Conference or Section 6AA Meet.
- A senior who has been participating and contributing to the team for at least 2 seasons.
- Coaches Discretion.

Performance Standards:

	"A" Standard	"B" Standard <small>requires 4 lettering points</small>
100 Meters	:11.8	:12.0
200 Meters	:24.0	:24.3
400 Meters	:54.0	:54.9
800 Meters	2:07.0	2:09.0
1600 Meters	4:48.0	4:53.0
3200 Meters	10:30.0	10:40.0
110 Meter High Hurdles	:17.5	:18.0
300 Meter IM Hurdles	:44.0	:45.0
High Jump	5' 8"	5' 6"
Long Jump	18' 0"	17' 6"
Pole Vault	10' 6"	10' 0"
Triple Jump	38' 0"	37' 0"
Shot Put	40' 0"	38' 0"
Discus	110' 0"	105' 0"

"B" Standard Lettering Points

- (1 point) Volunteer at Edina Invite*
- (1 point) Volunteer at LC Championship*
- (1 point) Attend all Saturday Practices*
- (1 point) Participation in Fine Arts Program*
- (1 point) Cumulative GPA > 3.0*
- (2 points) Volunteer for Team Job - see coaches*