

## Letter Award Prerequisites

1. Adhering to the student responsibilities stated in this packet.
2. Scoring (12) Points during the dual meet season (League and NCC-League) at the Varsity Level.
3. Qualifying for the San Diego Section CIF Preliminaries.
4. Showing tremendous loyalty to the program.
5. Being a captain or co-captain in good standing.
6. Meeting previous prerequisites and any of the marks shown in the table below at any competition.
7. The head coach's discretion.

## 2014 Qualifying Marks

To qualify for these events you must hit these standards at the qualifying meets

CIF San Diego Section			State Meet	
Boys	Girls		Boys	Girls
11.24	12.89	<b>100 M</b>	10.69	11.92
22.76	26.48	<b>200 M</b>	21.75	24.50
51.2	1:00.49	<b>400 M</b>	48.29	55.94
1:59.81	2:22.62	<b>800 M</b>	1:52.98	2:11.80
4:27.50	5:16.10	<b>1600 M</b>	4:14.24	4:55.15
9:47.50	11:40.94	<b>3200 M</b>	9:08.64	10:35.79
15.88	16.56	<b>110/100 Hurdles</b>	14.42	14.23
41.37	48.11	<b>300 Hurdles</b>	38.19	43.54
44.14	50.7	<b>4 x 100 Relay</b>	41.92	47.53
3:30.35	4:11.84	<b>4 x 400 Relay</b>	3:18.31	3:51.27
5'11"	4'10"	<b>High Jump</b>	6-07.00	5-05.00
12'8"	9'1"	<b>Pole Vault</b>	15-02.00	11-07.00
20'10"	16'3"	<b>Long Jump</b>	22-10.00	18-04.00
41'10"	33'8"	<b>Triple Jump</b>	46-10.00	38-04.00
46'3"	33'7"	<b>Shot Put</b>	57-09.00	41-02.00
135'9"	100'11"	<b>Discus</b>	171-05.00	134-03.00

An athlete may lose a varsity letter in Track & Field at Carlsbad High School by :

1. Not adhering to student athlete responsibilities.
2. Not finishing the season in good standing with the team. This includes discipline or grades.
3. Violation of team, C.U.S.D. policy, CIF, League, or North County Conference rules and regulations.
4. Disrespect of teammates or coaches.
5. Hazing in any way or degree.
6. The Head Coach's discretion.

**I have read the Carlsbad High School Track and Field rules and responsibilities.**

**I understand and will abide by them.**

Student/Athlete	Signature	Parent Signature	Date
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