



HAWK STANDARDS

EVENT	BOYS LETTERING	BOYS STATE	GIRLS LETTERING	GIRLS STATE
100M	11.70	11.30	13.40	13.00
200M	23.50	22.80	27.4	26.70
400M	52.70	51.8	1:03	1:01
800M	2:06	2:01.00	2:30	2:24
1600M	4:48	4:34.00	5:43	5:23
3200M	10:34	10:00	12:22	11:50
100MH	16.00	15.70	16.60	16.30
300MH	43.00	41.50	51.00	48.50
POLE VAULT	12-00	13-06	9-00	10-00
LONG JUMP	19-06	21-00	15-08	16-06
TRIPLE JUMP	40-00	42-00	32-09	34-00
HIGH JUMP	5-11	6-02	4-11	5-02
DISCUS	140-00	146-00	105-00	113-00
SHOT PUT	45-00	48-00	33-00	35-03
JAVELIN	160-00	170-00	108-00	113-00
400M RELAY	45.80	43.80	52.80	50.60
1600M RELAY	3:42	3:30.00	4:25	4:12.00

In order to be eligible for consideration of a Varsity Letter, an athlete must:

- Finish the season in good standing
- Score 12 or more varsity points, or
- Qualify for the state meet, or
- Meet the standards above (in a regular meet)
- Senior athletes that dedicate 4 years to Hawk Track will receive a letter regardless of above standards.

DIVISIONAL/VARSITY TRAVEL TEAM CRITERIA

First preference will be given to student athletes who:

- Have qualified for state
- Are one of the top two competitors in their event area
- Have reached the lettering performance standards listed above Second preference will be given to student-athletes who:
- Are in the top 15 of the Eastern Conference Deep List in their event area

These guidelines will assist coaches in selecting the Divisional and Varsity Invite/Travel roster. Student-athletes who meet one or more of the criteria are NOT guaranteed a Divisional/Varsity/Travel roster spot.