

2010 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, represent 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 Classic 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 requires 4 lettering points	
100 Meters	11.8	12.0	
200 Meters	24.0	24.3	
400 Meters	54.0	54.9	“B” Standard Lettering Points
800 Meters	2:07.0	2:09.0	(1 point) Volunteer at Edina Invitational
1600 Meters	4:48.0	4:53.0	(1 point) Volunteer at CLC Championship
3200 Meters	10:30.0	10:40.0	(1 point) Attend all Saturday Practices
110 Meter High Hurdles	17.5	18.0	(1 point) Participation in Fine Arts Program
300 Meter IM Hurdles	44.0	45.0	(1 point) Cumulative GPA > 3.0
High Jump	5’8”	5’6”	(2 points) Volunteer for Team Job - see coaches
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”	