



**MOUNTAIN WEST YOUTH
TRACK AND FIELD CLUB**

VARSITY LETTERING REQUIREMENTS:

- 1) A student must be a member of USATF
- 2) A student must maintain a minimum of 2.0 GPA or higher during the school year. Students may print their own grades on Q Student Connect and present them to the Mountain West Coach. Student eligibility for participation will be checked on the following dates:
November 30th, January 9th, February 15th
- 3) A student must comply with the MCPS and MWYTC Code of Conducts
- 4) A student must attend a minimum of 80% of all practice times as scheduled by MWYTC (excluding illness, injury, weather, school programs, and holiday weeks approved by MWYTC), starting November 14th 2016 through February 23rd 2017
- 5) A student must travel to 2 Indoor track meets scheduled by MWYTC unless excused in writing by both MWYTC and /or parent
- 6) A student may letter by advancing to the finals in their competition category at the Simplot Games or may automatically letter by meeting the following

Automatic Lettering Standards:

EVENT	BOYS	GIRLS
55m	7.12	8.22
60m	7.60	8.70
200m	24.07	29.07
400m	54.06	64.77
800m	2:10	2:42
1500m	4:25	5:20
1600m	5:01	6:03
3000m	10:37	12:11
3200m	11:05	13:07
60mH	9.29	10.65
High Jump	5'9"	4'8"
Long Jump	19'	14'8"
Triple Jump	39'	31'5"
Pole Vault	11'6"	8'4"

Responsibility of the Student:

- Complete the season in good standing with MWYTC
- Maintain good current standing with USATF
- Maintain a 2.0 GPA
- Be financially responsible for certain fees and costs associated with travel
- Comply with MCPS and MWYTC Code of Conducts

ATHLETE NAME: _____

SIGNATURE: _____

PARENTS SIGNATURE: _____ DATE _____