



**MOUNTAIN WEST YOUTH
TRACK AND FIELD CLUB**

VARSITY LETTERING REQUIREMENTS:

- 1) A student athlete must be a registered member of USATF through MWYTC
- 2) A student – athlete must maintain a minimum of 2.0 GPA or higher during the school year. Student grades will be checked on the following dates: **November 29th 2017, January 15th February 12th 2018.** Grades need to be printed out (Q Student Connect) and handed to the Club Coach on the dates mentioned above
- 3) Comply with the MCPS and MWYTC Code of Conducts
- 4) 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) Nov 27th 2017 - February 19th 2018 and comply with MCPS lettering attendance policies.
- 5) Compete in two indoor track meets scheduled by MWYTC unless excused in writing by both MWYTC and /or parent
- 6) Complete the season in good standing with MWYTC
- 7) Maintain good current standing with USATF
- 8) Be financially responsible for certain fees and costs associated with travel
- 9) A student athlete may letter by advancing to the finals in their competition category at the Simplot Games or may automatically letter by meeting the following standards during the season

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:

ATHLETE NAME: _____

SIGNATURE: _____

PARENTS SIGNATURE: _____ DATE _____