

Boys Spring Track & Field 2023

7-Varsity Letter Award Winners

As of 3/18/2023

5-Seniors	2-Juniors	Sophomores	Freshman
Alvarez	Anello		
Bellino	Gannon		
D'Andria			
Luzzi			
Roman			

Requirements to earn a Varsity Track & Field Letter

*All juniors and seniors that make the team have qualified if they fulfill all requirements

*Freshmen and Sophomores obtain the results posted below will qualify for a varsity letter

*An athlete must be in good standing on the team and in school to qualify

*An athlete must be invited and available to compete in the NSCHSAA Varsity League Championships

<u>Running Events</u>		<u>Field Events</u>
100m Dash: 12.24	1600m Run: 4:55	Long Jump: 17' 6"
110m HH: 18.74	3200m Run: 10:40	Triple Jump: 37' 6"
200m: 26.24	3000m SC: 10:40	High Jump: 5'
400m Dash: 58.00	2000m SC: 7:00	Pole Vault: 8'
400m IH: 62.50		Shot Put 12lb: 34' – 30'(8lb)
800m: 2:10		Discus: 95'

*Athletes that are VERY close can be added at the coaches' discretion

All others will be awarded a JV Letter or a Freshman Certificate