

Spring Track & Field 2019

21 Varsity Letter Award Winners

As of 4/14/19

5 - Seniors	8 - Juniors	5 - Sophomores	3 - Freshmen
Almberg	Ramos	Epp	Scott
Johnston	Adams	Abdulhaqq	Hill
Aleaga	Fiorillo	Bejarano	Magloire
Lebron	Glasgow	E.Sanchez	
Amelemah	Greenidge	F.Sanchez	
	Simon		
	O'Connell		
	Roman		

To earn a Varsity Letter an athlete needs to be in good standing with both the school and the team, be available to compete at the Varsity League Championships and achieve the following results:

<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: 10:45	Triple Jump: 37' 6"
200m: 26.24	3000m SC: 10:40	High Jump: 5' 2"
400m Dash: 57.50	2000m SC: 7:00	Pole Vault: 8'
400m IH: 62.50		Shot Put 12lb: 36'– 34'(8lb)
800m: 2:09		Discus: 95'

***Frosh/Soph that medal in an individual event at their league championships**

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

All others, regardless of year in school, will earn a lower level Award (JV or Freshmen)