

# Girls Spring Track & Field 2023

## 21-Varsity Letter Award Winners

### FINAL LIST

8-Seniors	6-Juniors	7-Sophomores	Freshmen
Wanerka	Dale	Guerrera	
Toussaint-Warren	Erb	Slattery	
Cunningham	Gonzalez	Isnardi	
Alexandre	Franco-Sierra	Anazagasty-Pursoo	
Matthieu	Moran	Espinal	
Alexandre	Schumacher	Ryan	
Hamel		Hamel	
Hernandez			

## 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: 14.24	Long Jump: 13'6"
100m HH: 18.74	Triple Jump: 30'
200m: 30	High Jump: 4'2"
400m IH: 73.50	Pole Vault: 7'
400m: 69.00	Shot Put: 23'
800m Relay: 2:35	Discus: 75'
1500m Run: 5:37	
3000m Run: 11:50	
2000mSC: 8:30	

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

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