

Girls Spring Track & Field 2024

14-Varsity Letter Award Winners

As of 4/20/24

4-Seniors	6-Juniors	3-Sophomores	1-Freshmen
Dale	Anazagasty-Pursoo	Gordon	Delisle
Erb	Espinal	Guirand	
Franco-Sierra	Guerrera	Bertrum	
Gonzalez	Hamel		
	Ryan		
	Slattery		

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: 5:35	
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