

# Girls Spring Track & Field 2023

## 5-Varsity Letter Award Winners

**As of 3-18-23**

| 1-Seniors | 2-Juniors | 1-Sophomores | Freshmen |
|-----------|-----------|--------------|----------|
| Wanerka   | Dale      | Guerrera     |          |
|           | Erb       | 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: 5:37       |                     |
| 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**