



TRACK & FIELD

MLCHS Track & Field 2025

CRITERIA FOR LETTERING – VARSITY

To earn a varsity letter in Track & Field, an athlete *must* abide by and achieve the following:

- Adhere to the Team Values (this includes attendance)
- Represent Collins in a sportsmanlike fashion at all meets and practices
- Show evidence of commitment to the team and *expertise in both running / field events and in the sport of track and field.*
- Show Improvement – year to year (i.e., set a PR in their event during the season)

The athlete must also meet at least two of the following criteria:

1) Records

- a) Break (vs. establish a school record) a school record (indoors or outdoors)

2) Score / Qualify (note: the score can be as part of a relay team)

- a) Qualify for either the State Indoor meet or qualify as an individual or relay team member (not an alternate – must have run the relay at the regional meet) for the State Outdoor meet
- b) Score at the Regional Meet and / or finish in the top 8
- c) Score at an invitational and / or finish in the top 8

3) Standards & performance

- a) Meet or exceed during the season the beginning of the season Time Trial Standards:

EVENT	BOYS	GIRLS
400	60.0	1:10
SP	33-0	22-6
30 Hurdle	6.5	6.9
100	12.6	14.5
LJ	16-0	13-0
1600	5:20	6:20

- b) Finish the season in the top 45 (or top 66% if there are less than 30 athletes listed) in the 3A Region 4 Rankings as posted by KY MileSplit

4) Coaches' discretion (e.g., senior who has been with the program for four years and just missed one of the above criteria and has shown good progression from the previous year).