



WESTVIEW HIGH SCHOOL TRACK & FIELD LETTERING POLICY

An athlete can earn a varsity letter in track and field at Westview by:

1. Scoring 15 points in the dual meet season (league or non-league) at the varsity level.
2. Qualifying for the San Diego Section CIF Division Preliminaries.
3. The Head Coaches' discretion.
4. Meeting any of the marks shown on the chart below:

EVENT	GIRLS' MARK	BOYS' MARK
100 meters	12.9	11.2
200 meters	27.1	22.7
400 meters	61.0	52.0
800 meters	2:24.0	2:00.0
1600 meters	5:30.0	4:35.0
3200 meters	12:00.0	10:05.0
100/110 HH	16.8	15.9
Long Jump	15'0"	20'0"
Triple Jump	32'0"	40'0"
High Jump	5'0"	6'0"
Pole Vault	9'0"	12'0"
Shot Put	30'0"	45'0"
Discus	100'0"	130'0"
Long Jump	15'0"	20'0"

An athlete may lose a varsity letter in track & field at Westview by:

1. Not finishing the season with the team for any reason. This includes discipline or grades.
2. Violating team or PUSD disciplinary rules.
3. The Head Coach's discretion.

It is an honor to earn a varsity letter on this team. It will take hard work to achieve this status. Those who earn a letter must also live up to the standards that it takes both by performance and in their actions on campus and in the community to retain it. Remember, when you wear that jacket you are representing Westview Track & Field.