



**MOUNTAIN WEST YOUTH
TRACK AND FIELD CLUB**

VARSITY LETTERING REQUIREMENTS:

- 1) A student athlete must be a registered member of USATF through MWYTC.
- 2) A student athlete must maintain a minimum of 2.0 GPA or higher during the school year. Student grades will be checked on the following dates: **DECEMBER 17TH 2018, JANUARY 30TH 2019 AND FEBRUARY 13TH 2019**. Grades need to be printed out (Q Student Connect) and handed to the Club Coach on the dates mentioned above.
- 3) Comply with the MCPS and MWYTC Code of Conduct.
- 4) Attend a minimum of 80% of all practice times as scheduled by MWYTC (excluding illness, injury, weather, school programs, and holiday weeks approved by MWYTC) Nov 26th 2018 - February 17th 2019 and comply with MCPS lettering attendance policies.
- 5) Compete in two indoor track meets scheduled by MWYTC unless excused in writing by both MWYTC and /or parent.
- 6) Complete the season in good standing with MWYTC.
- 7) Maintain good current standing with USATF.
- 8) Be financially responsible for certain fees and costs associated with travel.
- 9) A student athlete may letter by advancing to the finals in their competition category at the Simplot Games or may automatically letter by meeting the following standards during the season:

Automatic Lettering Standards:

EVENT	BOYS	GIRLS
55m	7.12	8.22
60m	7.60	8.70
200m	24.07	29.07
400m	54.06	64.77
800m	2:10	2:42
1500m	4:25	5:20
1600m	5:01	6:03
3000m	10:37	12:11
3200m	11:05	13:07
60mH	9.29	10.65
High Jump	5'9"	4'8"
Long Jump	19'	14'8"
Triple Jump	39'	31'5"
Pole Vault	11'6"	8'4"

Responsibility of the Student:

ATHLETE NAME: _____

SIGNATURE: _____

PARENTS SIGNATURE: _____ DATE _____