

### Track & Field Letter Requirements

**Varsity Letter:** To earn a Varsity Letter, an athlete must meet four of the following requirements:

- A. Run at the State AA Meet
- B. Run at the ESD/ METRO Conference Meet
- C. Run on the Varsity Team in at least 75% of Varsity Meets
- D. Medal in at least 60% of the Varsity Meets
- E. Be in attendance for at least 93% of practices and no unexcused practices
- F. Coaches discretion – this would be in case of serious injury or illness

- A Varsity Letter will be awarded to athletes who medal at the ESD/METRO Conference and State AA Meet.
- A Varsity Letter will be awarded to any senior involved in the high school track and field program for at least three years during high school.

**Junior Varsity Letter:** To earn a Junior Varsity Letter, an athlete must meet three of the following requirements:

- A. Run on the Varsity or Junior Varsity Team in at least 75% of the Junior Varsity Meets
- B. Medal in over one-half of the Junior Varsity Meets
- C. Be in attendance for at least 93% of practices and no unexcused practices
- D. Coaches discretion – this would be in case of serious injury or illness

**Participation Certificate:** Will be awarded to athletes who complete the season.

White Letter points criteria:

A student will earn a BV White Letter when he/she accumulates 36 points during grades 9-12 in school sponsored athletics.

Major Letter	5 points
Minor Letter	3 points
Participation Certificate	1.5 points
Varsity Captain	1 point
Four years (grades 9-12) in same sport	2 points
Sideline Cheerleader – Varsity	3 points
Junior Varsity	1.5 points
Student Manager - Varsity	3 points
JV	2 points
Participation	1 point