



# Trojan Track & Field

## Lettering Requirements

Athletes must uphold all general athletic requirements as outlined by the Nampa Christian Student Handbook, and complete the entire season in good standing with the head coach. That fulfilled, athletes will attain varsity status in track and field by meeting any of the following requirements:

- ✓ Meeting or exceeding a varsity standard in any individual event.
- ✓ Scoring at least 10 points during the course of a season (standard scoring—relays 1/4 total points)
- ✓ Placing in the top 6 at the district track meet in either an individual or relay event
- ✓ Completing a third season of track and field participation at NCHS.

The coaching staff holds authority to consider special circumstances of individual athletes when making lettering determinations.

## Varsity Standards

### Girls

100 M	14.24	HJ	4' 6
200 M	30.24	LJ	13' 9
400 M	1:08.14	TJ	29' 0
800 M	2:42.00	PV	7' 6
1600 M	6:20.00	SP	27' 0
3200 M	13:45.00	D	80' 0
100 H	18.34		
300 H	53.24		

### Boys

100 M	12.34	HJ	5' 4
200 M	25.24	LJ	17' 0
400 M	56.64	TJ	35' 0
800 M	2:20.00	PV	9' 6
1600 M	5:20.00	SP	37' 0
3200 M	11:45.00	D	100' 0
110 H	17.94		
300 H	45.74		