

**Letter Qualifying Standards  
Brookwood Mens Track and Field**

<b>Event</b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>Letter with Recognition</b>
<b>100</b>	11.8	11.6	11.4	11.3	<b>11.0</b>
<b>200</b>	25.5	24.9	23.9	23.5	<b>22.5</b>
<b>400</b>	55.5	54.5	53.5	52.5	<b>50.7</b>
<b>800</b>	2:12	2:09	2:07	2:05	<b>2:00</b>
<b>1600</b>	5:09	4:52	4:45	4:39	<b>4:35</b>
<b>3200</b>	11:15	10:45	10:30	10:20	<b>10:00</b>
<b>110h</b>	18.0	17.5	17.0	16.5	<b>15.3</b>
<b>300h</b>	46.5	45.2	43.8	42.8	<b>40.5</b>
<b>Shot Put</b>	40'	42'	44'	46'	<b>47' 6"</b>
<b>Discus</b>	105'	115'	125'	130'	<b>135'</b>
<b>Pole Vault</b>	9' 6"	10' 6"	11' 6"	12' 6"	<b>13' 0"</b>
<b>Long Jump</b>	16' 6"	17' 6"	18' 6"	19' 6"	<b>21' 0"</b>
<b>Triple Jump</b>	35' 6"	37' 6"	39' 6"	41' 6"	<b>43' 0"</b>
<b>High Jump</b>	5' 6"	5' 8"	5' 10"	6' 0"	<b>6' 2"</b>

\* Relay splits do **NOT** qualify for the above standards.

One may also letter by participating in the Varsity County or Varsity Region Track meet or by scoring in the JV Region or County track meet.

Additionally, one may letter by being a three or four year member of the track team.

One may **letter with recognition and get a plaque** by:

1. Achieving the "Letter with Recognition" standard – last column on the right.
2. Placing in the top 4 in your event as an individual, top 3 in a traditional relay or top 2 in a non-traditional relay at the Varsity or JV County Meet.
3. Placing in the top 4 as an individual, top 3 in a traditional relay or winning a non-traditional relay at the Varsity or JV Region Meet.
4. Breaking or tying a class record.
5. Breaking into the top 10 list in your event or relay or improving your top 10 mark if you are already in the top 10.