EISENHOWER TRACK & FIELD
LETTER STANDARDS

GIRLS' STANDARDS:

Event	Frosh	Soph	Junior	Senior
100m	14.1	14.3	13.9	13.7
200m	29.5	29.0	28.5	27.5
400m	1:07.0	1:05.8	1:04.6	1:02.4
800m	2:44.0	2:42.2	2:40.0	2:38.0
1600m	6:08.0	5:58.0	5:48.0	5:38.0
3200m	13:25.0	13:05.0	12:55.0	12:45.0
100m Hurdles	19.5	19.0	18.4	17.6
300m Hurdles	57.0	55.5	53.5	52.5
4 x 100m Relay	1:05.0	1:02.0	59.0	56.0
4 x 200m Relay	2:10.0	2:05.0	2:00.0	1:55.0
4 x 400m Relay	5:00.0	4:50.0	4:40.0	4:30.0
High Jump	4'-6"	4'-8"	4'-10"	5'-0"
Long Jump	13'-1"	13'-9"	14'-5"	15'-1"
Triple Jump	27'-8"	29'-2"	30'-2"	32'-0"
Pole Vault	7'-0"	7'-6"	8'-0"	8'-6"
Shot	26'-2"	28'-2"	30'-2"	32'-2"
Discus	65'-6"	75'-6"	85'-6"	95'-6"
Javelin	60'-6"	70'-6"	80'-6"	90'-6"

BOYS' STANDARDS:

Event	Frosh	Soph	Junior	Senior
100m	12.6	12.3	11.9	11.6
200m	26.7	25.7	24.7	23.7
400m	56.0	55.0	54.0	53.0
800m	2:13.0	2:11.0	2:09.0	2:06.0
1600m	5:10.0	5:00.0	4:50.0	4:40.0
2000 St./Chase	7:45.0	7:30.0	7:15.0	7:05.0
3200m	11:25.0	11:10.0	11:00.0	10:50.0
110m Hurdles	18.4	18.0	17.6	17.2
300m Hurdles	47.5	46.5	45.5	44.5
4 x 100m Relay	52.0	50.0	48.0	46.0
4 x 400m Relay	3:57.0	3:51.0	3:45.0	3:39.0
High Jump	5'-4"	5'-6"	5'-8"	5'-10"
Long Jump	17'-8"	18'-2"	18'-8"	19'-2"
Triple Jump	33'-0"	35'-0"	37'-0"	39'-0"
Pole Vault	9'-0"	10'-0"	11'-0"	11'-6"
Shot	37'-0"	39'0"	43'-0"	46'-0"
Discus	95'-0"	105'-0"	115'-0"	125'-0"
Javelin	110'-0"	120'-0"	130'-0"	140'-0"

Note: You must equal or exceed the above standards twice in the same event or once in two different events, in order to automatically earn a letter award. In order to establish a letter standard in a relay event, all members of the relay team must be the same grade level.

Revised: Jan. 2009