

South Titan Track & Field

Lettering Requirements



All track & field participants have the opportunity to earning a varsity letter through a variety of ways. Lettering is based on a 20 point system. Once an athlete reaches 20 total points, they will earn a Varsity letter. Athletes may earn up to 4 Varsity letters in their track & field career. Points reset at the start of a new track season.

Letter point requirements are as follows:

- 2 points for each completed season
- 1 point per PR earned
- 1 point for perfect attendance, (or no unexcused absences)
- Every medal earned at a varsity meet is worth the amount of points earned.
 - Ex. 1st place = 10 points, 2nd place = 8 points, 3rd place = 6 points, 4th place = 4 points, 6th place = 3 points, 7th place = 2 points, 8th place = 1 point
 - Points earned on a relay will be divided by 4.
 - Points earned at a JV meet will be divided by 2.
- Practice athlete of the week = 3 points (Voted on by the coaching staff)
- Titan of the Meet = 3 points (Voted on by the coaching staff)

As an athlete receives a letter, they will receive:

1st Year Letter Winner: "T" Letter (toward a letterman jacket)

2nd Year Letter Winner: Chevron (toward a letterman jacket)

3rd Year Letter Winner: Chevron (toward a letterman jacket)

4th Year Letter Winner: Chevron (toward a letterman jacket)

Points may be taken away when necessary. A reduction in points may occur if, but is not limited to:

- Late for practice = - 1 points (1 warning will be given before point reduction.)
- Unexcused practice absence = - 5 points
- Unexcused meet absence = - 10 points