

ST. CHARLES TRACK AND FIELD LETTERING POLICY

Earning a Letter

A student can earn a letter satisfying the following requirements:

1. Meet the behavioral expectations that have been outlined in team rules.
2. Score 25 points in meets. The athlete receives all points scored in individual events, plus $\frac{1}{2}$ of all the points scored by any relay team he is a member of (this includes True Team competitions).
3. Completes the season to the satisfaction of the head coach.
4. Under special situations, the recommendation of the head coach and the approval of the A.D. replaces #2 (see situations below).

Special Situations

Students may qualify for a letter despite not satisfying Letter Requirement #2, by coach's discretion, in the following special circumstances:

- a. If an athlete is on pace to letter (in terms of points) and suffers an injury that sidelines them for the remainder of the season or a large chunk of the season, per coach's discretion.
- b. If an athlete is on pace to letter (in terms of points) and there is a family emergency that forces them to drop out for the remainder of the season or a large chunk of the season, per coach's discretion.
- c. If weather is an issue and too many meets are cancelled to reasonably expect athletes to accumulate the required 25 points, a "two points per meet" rule will be adopted.
- d. If an athlete places at a certain level in the conference or sub-section level and is deemed worthy of a letter because of that performance by coach's discretion. For example, let's say an athlete did not accumulate the points to letter, but was an alternate on the women's varsity 4x4 team. If she ended up filling in and running at conference, PRd by 2 seconds, and helped the 4x4 win the conference title...she showed up ready to race, and she raced when it counted most...she lettered.
- e. Any athlete in uniform on the day of a State True Team championship will receive a letter.
- f. Any senior who has been out for two *consecutive* seasons, and meets all the criteria for lettering *except* scoring will normally be recommended.