

SCOTCH PLAINS-FANWOOD HIGH SCHOOL

RAIDERS WINTER TRACK & FIELD

VARSITY LETTER REQUIREMENTS

- *How can I earn a varsity letter?*
 1. Win a medal in a varsity event at a championship meet, a relay meet, or an invitational.
 2. Place in the top six or make the finals in a varsity event at a championship meet.
 3. Perform at least as well as the mark(s) given for your event(s) in the **VARSITY LEVEL PERFORMANCES** table, which appears later in this document.
 4. Have the top performance on the team in a standard event at the end of the season. The standard events are those contested in any of the championship meets. This criterion only applies if there are at least five documented performances from five distinct individuals on our team in that event over the course of the season if it is an individual event and at least three documented performances from our team in that event over the course of the season if it is a relay event.

- *Will I earn a varsity letter if I come to practice everyday?*

No. A varsity letter is not a certificate of participation. Giving varsity letters for coming to practice everyday would be analogous to naming students to the high honor roll for having perfect attendance in school. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter won't mean anything anymore.

- *What if I work really hard?*

You are required to work hard, but that alone will not earn you a varsity letter. If you do not wish to work hard, track & field is not the sport for you.

- *Where did the performances in the **VARSITY LEVEL PERFORMANCES** table come from?*

The coaches met and mutually agreed on the performance levels in the table in the standard events. For the non-standard events, accepted conversions were used to determine equivalent performances to the standard events.

- *Why are the non-standard events listed in the table?*

The coaching staff is nothing if not thorough. There are some meets that contest the 1500 and 3000 or the Mile and 2-Mile instead of the 1600 and 3200. We wanted to be complete and have marks for these events, just in case. As for events such as the 300, 600, and 1000, they are contested at certain indoor meets but are not indoor championship events. Most other events listed are seldom contested, but they are events that were at least at one time recognized by the IAAF, so they also appear in the table, again, just in case. The 1200 appears in the table because it is the opening leg of the distance medley relay. It is seldom, if ever, contested as an open event. The 5000 is rarely contested on the track in high school competition. In certain meets, races measured in the imperial system are contested, so these events have been included as well.

- *What about the Dunn Center? That place is a joke! How am I supposed to run fast there?*
 We know it is a joke. And we know it is impossible to run fast there in any event where you must make at least one turn. We will evaluate your performances on the Dunn Center “track” accordingly.
- *Do relay splits count?*
 Due to the unreliability of relay splits, relay splits will only be considered for leg distances of 400 meters and longer, taken at the center of the exchange zone, only on a track of exactly 200 meters in length. These splits must have been documented by a coach.
- *Will performances in sub-varsity events be considered?*
 Your times, heights, and/or distances will be considered regardless of the level of competition in which they were achieved. The only exception is that in the shot put, the implement used must be of the same weight as that used in varsity-level competition. The earning of sub-varsity medals will not be considered.
- *Who keeps track of my performances?*
 The coaches keep the official records. Every effort is made to document your performances in every meet. This is done for numerous reasons. Most importantly, it is done to track your development. Meet results can be found online at <http://www.spfhsxctf.net>.
- *What do **HT** and **FAT** mean in the **VARSITY LEVEL PERFORMANCES** table?*
HT stands for hand-time. This means that your official time was taken with a stopwatch. **FAT** stands for fully-automatic timing. FAT times are more accurate than hand times, as an automatic timing system is not affected by human reaction time.
- *How were times converted from **HT** to **FAT**?*
 This was done through the use of the accepted conversion factors given in the Big Green Book from Track & Field News. For races that start at or very close to the common finish line, 0.14 seconds are added to the hand-time to get the FAT time. For all other races, 0.24 seconds are added to the hand-time to get the FAT time.
- *What if I go to a meet and all of the field events are measured using the metric system?*
 The **VARSITY LEVEL PERFORMANCES** table gives all marks in both the imperial system (feet and inches) and the metric system (meters, rounded to two decimal places of accuracy).
- *What if I get injured during the season?*
 The awarding of a varsity letter will be at the discretion of the coaching staff. They will evaluate your development up to the point of your injury and determine if you would have earned a varsity letter. If you are injured while participating in an unauthorized activity, such as a club sport, you may not be awarded a letter, regardless of other factors.

- *Am I guaranteed a varsity letter if the conditions above are met?*
 No. Factors such as poor attendance may weigh against your favor. You must be at practice and at the meets. The decision as to what qualifies as an excused absence rests with the coaches, not with the athletes. You must also do everything asked of you by the coaches. You must conduct yourself in the appropriate manner at all times, which includes working your hardest and being respectful to your teammates, coaches, opponents, and the officials.
- *Is there a maximum number of letters that will be awarded?*
 No.
- *Is there a minimum number of letters that will be awarded?*
 No.
- *What if I earned a letter last winter?*
 This has no bearing on whether you will earn a varsity letter this winter or not. You must earn your letter every season.
- *What if I earned a letter in cross country and/or spring track & field?*
 This also has no bearing on whether you will earn a varsity letter this winter or not. Again, you must earn your letter every season.
- *How do I earn a junior varsity certificate?*
 This is done through attendance at and effort in both practices and meets. Signing up for the team does not guarantee that you will earn a junior varsity certificate. At the very least, you must be at practice, working your hardest, everyday.
- *Will the **VARSIY LEVEL PERFORMANCES** table be the same next winter?*
 Not necessarily. The table will be re-evaluated every season. There will be a different table for track and field in the spring, as the events are different, and performances differ when competing indoors versus when competing outdoors.

SCOTCH PLAINS-FANWOOD HIGH SCHOOL RAIDERS TRACK & FIELD				
VARSITY LEVEL PERFORMANCES				
METRIC INDOOR RUNNING EVENTS				
EVENT DISTANCES MEASURED IN METERS				
BOYS		EVENT	GIRLS	
6.3	HT	50	HT	7.2
6.54	FAT		FAT	7.44
6.9	HT	55	HT	7.9
7.14	FAT		FAT	8.14
7.5	HT	60	HT	8.6
7.74	FAT		FAT	8.84
26.9	HT	200	HT	30.9
27.04	FAT		FAT	31.04
40.9	HT	300	HT	47.9
41.14	FAT		FAT	48.14
56.9	HT	400	HT	1:07.9
57.04	FAT		FAT	1:08.04
1:13.9	HT	500	HT	1:29.9
1:14.14	FAT		FAT	1:30.14
1:37.9	HT	600	HT	1:59.9
1:38.04	FAT		FAT	2:00.04
2:15.9	HT	800	HT	2:44.9
2:16.04	FAT		FAT	2:45.04
2:59.9	HT	1000	HT	3:37.9
3:00.04	FAT		FAT	3:38.04
3:39.9	HT	1200	HT	4:19.9
3:40.04	FAT		FAT	4:20.04
4:50.9	HT	1500	HT	5:44.9
4:51.14	FAT		FAT	5:45.14
5:12.9	HT	1600	HT	6:09.9
5:13.04	FAT		FAT	6:10.04
6:39.9	HT	2000	HT	7:56.9
6:40.04	FAT		FAT	7:57.04
10:28.9	HT	3000	HT	12:38.9
10:29.04	FAT		FAT	12:39.04
11:14.9	HT	3200	HT	13:34.9
11:15.04	FAT		FAT	13:35.04
17:59.9	HT	5000	HT	21:59.9
18:00.04	FAT		FAT	22:00.04
8.1	HT	50 HH	HT	9.9
8.34	FAT		FAT	10.14
8.9	HT	55 HH	HT	10.9
9.14	FAT		FAT	11.14
9.7	HT	60 HH	HT	11.9
9.94	FAT		FAT	12.14

SCOTCH PLAINS-FANWOOD HIGH SCHOOL RAIDERS TRACK & FIELD				
VARSITY LEVEL PERFORMANCES				
INDOOR FIELD EVENTS				
BOYS		EVENT	GIRLS	
18'0"	Imperial	Long Jump	Imperial	13'6"
5.49m	Metric		Metric	4.12m
36'0"	Imperial	Triple Jump	Imperial	27'0"
10.97m	Metric		Metric	8.23m
5'4"	Imperial	High Jump	Imperial	4'4"
1.62m	Metric		Metric	1.32m
10'0"	Imperial	Pole Vault	Imperial	7'0"
3.05m	Metric		Metric	2.14m
40'0"	Imperial	Shot Put	Imperial	28'0"
12.19m	Metric		Metric	8.53m

SCOTCH PLAINS-FANWOOD HIGH SCHOOL RAIDERS TRACK & FIELD				
VARSITY LEVEL PERFORMANCES				
IMPERIAL INDOOR RUNNING EVENTS				
EVENT DISTANCES MEASURED IN YARDS				
BOYS		EVENT	GIRLS	
6.9	HT	60	HT	7.9
7.14	FAT		FAT	8.14
39.1	HT	300	HT	46.9
39.34	FAT		FAT	47.14
57.1	HT	440	HT	1:08.1
57.24	FAT		FAT	1:08.24
1:05.9	HT	500	HT	1:18.4
1:06.14	FAT		FAT	1:18.64
1:35.4	HT	600	HT	1:58.4
1:35.64	FAT		FAT	1:58.64
2:16.4	HT	880	HT	2:45.4
2:16.54	FAT		FAT	2:45.54
2:57.6	HT	1000	HT	3:33.5
2:57.84	FAT		FAT	3:33.74
5:14.9	HT	Mile	HT	6:11.9
5:15.04	FAT		FAT	6:12.04
11:18.9	HT	2-Mile	HT	13:39.9
11:19.04	FAT		FAT	13:40.04
17:36.9	HT	3-Mile	HT	21:22.9
17:37.14	FAT		FAT	21:23.14
8.9	HT	60 HH	HT	10.9
9.14	FAT		FAT	11.14