

COUGAR TRACK & FIELD

• LETTER REQUIREMENTS •

FROSH-SOPH REQUIREMENTS:

Athlete must compete in a minimum of 7 competitions and attend a minimum of 50 practice sessions to be considered for a Letter Award:

Only athletes that compete in at least seven competitions and attend at least 50 practice sessions during the spring season are eligible to be considered for a FROSH-SOPH Track & Field Letter Award. Athletes that do not reach these minimums will receive Participant Awards.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in seven competitions and attended 50 practice sessions.

- **30 points earned in league competition**
- **Achievement of 3 Letterman Event Standards**
- **Achievement of a Golden Foot Event standard**

VARSITY REQUIREMENTS:

Athlete must compete in a minimum of 7 VARSITY competitions and attend a minimum of 50 practice sessions to be considered for a Letter Award. Only athletes that compete in at least seven VARSITY competitions and attend at least 50 practice sessions during the spring season are eligible to be considered for a VARSITY Track & Field Letter Award.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in seven VARSITY competitions and attended 50 practice sessions.

- **30 points earned in league competition**
- **Achievement of 3 Letterman Event Standards**
- **Achievement of a Golden Foot Event standard**
- **Qualification to NCS Tri-Valley Region Trials**

ATHLETES THAT **QUIT** THE TEAM FOR ANY REASON, OR ARE **DROPPED** FROM THE TEAM AS DISCIPLINARY ACTION, OR **FAIL** TO ACHIEVE THE MINIMUM ACADEMIC STANDARD FOR PARTICIPATION **FORFEIT ALL AWARDS.**