

Southridge Track and Field

Lettering Policy

To Earn a Letter You Must:

1. Be in good standing with the team throughout the season. Attend all practices, stay to the end of meets, and be academically eligible.
2. Earn 11 points throughout the season.
 - a. You earn points in the following ways:
 - 1 point for each meet you participate in as a varsity competitor
 - Placing in a varsity dual meet
 - *1st Place = 5 points
 - *2nd Place= 3 points
 - *3rd Place=1 point
 - Note: Relay team members divide the points earned.**
 - Placing in an invitational meet
 - *points vary according to the number of places awarded.
3. If you do not score 11 points, you may letter by meeting the following criteria:
 - a. Place 1st, 2nd, or 3rd at the Varsity Metro League District Meet
 - b. Qualify for the Oregon State Track Meet
 - c. Athletes who participate in our program for 4 complete seasons will letter their senior year.
 - d. Coach's discretion.