

LETTERING PROCEDURES

Athletes will receive a varsity letter for earning 15 Varsity points over the course of a season. Points are awarded as follows:

- Points based on varsity meet scores (dual meets go 5-3-1, for 1st-3rd place, and invites go 5-4-3-2-1... for 1st -5th place, for a relay, points are split by four)
- Not finishing the season in good standing eliminates all of the described 15 point scoring. The reason is letting your team down. Good standing means you will participate in all CIF competitions that you qualify for starting with the League Meet, and beyond.

Automatic letters are given to those athletes who finish in the top 3 for the Avocado West League Finals , or who qualify for CIF Prelims,as long as they complete the season in good standing. Athletes will be asked in advance of League Finals if they are available for the remainder of the season. Those who are not will be dropped from competition in League Finals and subsequent events and will not receive letters due to not finishing the season in good standing.

Seniors who compete as a varsity athlete for three-fourths of the dual meets may earn a varsity letter by missing no more than two practices throughout the season and observe mandatory attendance at League Prelims/Finals to support their teammates and serve as volunteers: hurdle crew etc.

Athletes must complete the season in good standing. This requires competing in all competitions that our athletes qualify for, including League, CIF prelims and CIF Finals at the end of the year. If you do not attend all League/CIF meets that you have qualified for, you cannot letter. The reason is that you are letting your team down. Track and Field is a team sport. Uniforms and all equipment must also be returned.

The lettering process is also at the coaches' discretion.