

## 2017 MCHS Track & Field Varsity and JV Performance Guidelines\*

(GF 2/28/17)

Event	MCHS VB Perf. Guideline	VB (NBL 8th Place Avg)	MCHS JVB Perf. Guideline	JVB (NBL 8th Place Avg)	MCHS VG Perf. Guideline	VG (NBL 8th Place Avg)	MCHS JVG Perf. Guideline	JVG (NBL 8th Place Avg)
100 meters	12.6	11.7	13.6	12.5	13.9	13.4	15.0	14.4
200 meters	26.0	23.7	28.0	25.7	29.0	27.5	32.9	30.6
400 meters	54.5	54.2	58.0	60.4	1:06.0	01:04.9	1:20.0	01:16.3
800 meters	2:09.9	02:06.0	2:37	02:21.6	2:39.9	02:32.3	2:59	02:59.0
1600 meters	4:52	04:39.9	5:49	05:04.4	5:55	05:37.5	6:49	06:09.8
3200 meters	10:45	10:37.5	12:20	12:30.1	12:50	12:21.0	14:30	14:01.0
100 high hurdles					19.0	17.7	22.0	21.1
110 high hurdles	19.0	17.8	20.0	19.8				
300 low hurdles	48.5	46.3	52.5	50.7	53.9	53.1	1:00.0	01:02.6
Shot Put	36'6"	39'9.9"	31'	33'5"	25'	25'6"	21'	20'7"
Discus	100'	118'5.3"	78'	78'7.25"	72'	73'6"	58'	57'7"
Pole Vault	9'	9'2"	7'6"	7'4"	7'	7'4"	6'	6'
High Jump	5'	5'3.3"	4'6"	4'11"	4'	4'5"	3'6"	3'10"
Long Jump	17'6"	18'6.8"	13'6"	14'5.25"	13'	12'9"	12'	11'2.5"
Triple Jump	30'	37'1.75"	26'0"	31'	25'	29'1.25"	21'6"	24'11.75"
4 x 100 Relay	Sprint Coach Decides on Relay Roster							
4 x 400 Relay								

\*NBL 8th Place Average: Last 3 years average performance in NBL Finals (some marks do NOT go all the through 8th place)

**\* SUPPORTING NOTES FOR COACHES:**

- 1) These guidelines are intended to illustrate what it takes to be competitive in every event at the Varsity or JV level.
- 2) Typically, every athlete needs to achieve these minimum performance marks within the first 2 competitions; athletes not meeting the minimum JV marks may be encouraged to try another event.
- 3) Every MCHS Track & Field Specialty Event Coach has the discretion to keep athletes competing, even if they have not met the minimum JV mark, as long as they are showing up, working hard and have a great attitude!
- 4) Athletes need to achieve a minimum of 10 Varsity points total across all 5 NBL meets to earn their MCHS Varsity Block award.