

## 2023 MCHS Track & Field

### Varsity and Junior Varsity Performance Guidelines

(GF 12/28/21)

Event	Varsity Boys	JV Boys	Varsity Girls	JV Girls
100m	12.6	13.6	13.9	15.0
200m	26.0	28.0	29.0	32.9
400m	54.5	58.0	1:06.0	1:20.0
800m	2:09.9	2:37	2:39.9	2:59
1600m	4:52	5:49	5:55	6:49
3200m	10:45	12:20	12:50	14:30
100m HH			19.0	22.0
110m HH	19.0	20.0		
300m LH	48.5	52.5	53.9	1:00.0
Shot Put	36'6"	31'	25'	21'
Discus	100'	78'	72'	58'
Pole Vault	9'	7'6"	7'	6'
High Jump	5'	4'6"	4'	3'6"
Long Jump	17'6"	13'6"	13'	12'
Triple Jump	30'	26'0"	25'	21'6"
4 x 100m Relay	Sprint Coach Decides on Relay Roster + Alternates			
4 x 400m Relay				

#### SUPPORTING NOTES:

- 1) These guidelines intended to illustrate what it takes to be competitive in every event at the Varsity/JV level (typically the Varsity standards would be top 10 in League).
- 2) Typically, every athletes 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 with a great attitude!
- 4) Athletes need to achieve a minimum of 6 Varsity points in all League competitions to earn their MCHS Varsity Block award.