**Vista Varsity Standards/Standards to be considered for California Trip (these do not guarantee travel to CA)**

**BOYS: GIRLS**

100: 11.60 100: 13.40

200: 24.00 200: 28.50

400: 53.50 400: 65.00

800: 2:07.00 800: 2:35.00

1600: 4:55.00 1600: 5:55.00

3200: 10:45 3200: 12:45.00

110H: 17.50 100H: 18.50

300H: 44.50 300H: 53.00

HIGH JUMP: 5’8” HIGH JUMP: 4’8”

LONG JUMP: 19’0” LONG JUMP: 14’0”

TRIPLE JUMP: 38’6” TRIPLE JUMP: 28’6”

POLE VAULT: 10’0” POLE VAULT 8’0”

SHOT PUT: 40’0” SHOT PUT: 27’0”

DISCUS: 105’0” DISCUS: 85’0”

**Arcadia Standards (these do not guarantee acceptance into the meet) All marks must be meet in open events**

|  |  |  |
| --- | --- | --- |
| Event | BOYS | GIRLS |
| 100m: | 11.05 | 12.63 |
| 200m: | 22.46 | 26.20 |
| 400m: | 50.79 | 58.76 |
| 800m: | 2:00.00 (open) | 2:21.30 (open) |
| Mile: | 4:24.99 (sea level) 4:29 alt. | 5:16.00 (sea level) 5:23 alt. |
| Rising Stars Mile: | 4:29.99 (sea level) |  |
| 3200m | 9:43.99 (sea level) 9:59 alt | 11:22.00 (sea level) 11:40 alt |
| High H: | 15.66 | 16.33 |
| 300mH: | 40.24 | 48.75 |
| 4x100: | 44.30 | 51.20 |
| 4x200: | 1:34.00 | 1:49.30 |
| 4x400: | 3:28.30 | 4:06.60 |
| 4x800: | 8:18.00 | 10:00.00 |
| 4x1600: | 18:40.00 | 22:16.00 |
| 800m SMR: | 1:38.00 | 1:53.20 |
| 1600m SMR: | 3:42.00 | 4:24.99 |
| Dist. Medley: | 10:51.00 | 13:20.00 |
| Shuttle Hurd: | 1:08.00 | 1:08.40 |
| High Jump: | 6-03.00 | 5-01.00 |
| Pole Vault: | 13-10.00 | 10-00.00 |
| Long Jump: | 21-03.00 | 16-10.00 |
| Triple Jump: | 43-03.00 | 34-10.00 |
| Shot Put: | 49-00.00 | 36-03.00 |
| Discus: | 145-00 | 108-00 |

**2015 Out-of-state travel**

* Arcadia Invitational in Arcadia, CA April 7th-10th (Thursday to Sunday)
* South Pasadena Tiger Invitational if not accepted into Arcadia

**Requirements to be considered for the out-of-state trip in April**

1. **Follow all team policies**
2. **Be at all practices/competitions during spring break (Centennial League Qualifier on Thursday, March 24th)**
3. **Make the minimum marks for acceptance into the meet**
4. **Marks can be attained at indoor meets during the winter**

**Mountain Vista Cross Country/Track & Field**

# Team Policies

1. **Attendance at all Practices and Meets**
   1. Athletes must be at all scheduled practices and meets when competing
   2. Unexcused absences from practice/meets will result in removal from the team.
   3. Excused absences include Dr. appointments, sick from school, family emergency, ACT/SAT.
   4. Showing up late for practice, or missing the bus to a meet is the same as an unexcused practice.
   5. Missing practice for work is an unexcused absence.
2. **Drugs Tobacco, Alcohol**
   1. Use of these substances by any member of the team will result in the end of the athlete’s season.
3. **Academic Achievement**
   1. A failing grade will result in temporary removal from the team until the grade is passing.
   2. 2 or more D’s may result in holding the athlete out of competition until the athletes grades have improved.
4. **Sportsmanship**
   1. Athletes are expected to show proper sportsmanship towards teammates, competitors, and coaches at all times.
   2. Failure to do so may result in removal from the team.