

CONROE BOYS TRACK & FIELD LETTER REQUIRMENTS

BOYS	EVENT
14.9	110 High Hurdles
40.5	300 Intermediate Hurdles
10.9	100 M
22.5	200 M
50.5	400 M
2:00	800 M
4:30	1600
9:30	3200
22'0	Long Jump
43'0	Triple Jump
6'2	High Jump
45'0	Shot Put
140'0	Discus
13'6	Pole Vault
4X100	41.8
4X200	1:27
4x400	3:20

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One may also letter if meeting one of the following

1. Score points at Varsity District Championship
2. Score points at Varsity Invitational Meet