

Distance Team Lettering Standards

Time Standards:

1600m

Girls 5:59.99

Boys 4:59.99

800m

Girls 2:39.99

Boys 2:14.99

3200m

Girls 13:19.99

Boys 11:19.99

An Athlete can also EARN a letter by:

- * Scoring at the Varsity Cobb County Invitational
- * Win their event at the JV Cobb County Invitational
- * Compete at the Region Championship Meet
- * A Senior may earn a letter by completing their 2nd consecutive season and who shows improvement from their Junior Season