

Timpanogos Track Lettering Requirements

The lettering requirements for Track are based on a point system in which you can earn point by participating or scoring in Track meets. In order to letter an individual must accumulate a total of **65 points**. At the end of the season a Letter certificate and Pin will be given. The point system is as follows:

Participation Points

To participate in a Track meet you can not have any unexcused practices.

- 5 points = Participation in a dual or tri meet.
- 6 points = Participation in a invitational meet.
- 8 points = Participation in a region or state meet.

Additional Points for Placing in Invitational

- 10 points = First place finish in meet.
- 9 points = Second place finish in meet.
- 8 points = Third place finish in meet.
- 7 points = Fourth place finish in meet.
- 6 points = Fifth place finish in meet.
- 5 points = Sixth place finish in meet.
- 4 points = Seventh place finish in meet.
- 3 points = Eighth place finish in meet.
- 2 points = Ninth place finish in meet.
- 1 points = Tenth place finish in meet.

Individual Performances Points

- 2 points = Personal Best
 - 5 points = Qualifying for State
 - 10 points = School Record
 - 5 points = Class Record
 - 2 points = Top Ten List
 - 15 points = Region Champion
 - 20 points = Region Record
 - 25 points = State Champion
 - 30 points = State Record
- ** Points totals will be calculated after each track meet.

Bonus Points

Attendance will be added in to Letter Points. Other gifts will also be awarded.

Season MVP

At the conclusion of each season there will be one boy and one girl MVP.
The MVP will be awarded to top point finisher for boys and girls.

Top Grade MVP

At the conclusion of each season there will be one boy and one girl from each grade MVP.
This will be different than season MVP.

Alpha T-Wolf Club

The Alpha T-wolf is an honor that the top 5 boys and girls will receive which is based on point totals. The top five boys and top five girls will receive an Alpha T-Wolf T-Shirt. The Alpha T-Wolf club is an honor which is earned by those that excel because of an outstanding individual and team commitment.