

BROOKWOOD HIGH SCHOOL

GIRLS TRACK AND FIELD



COACHES

Fred Ashford	Head Coach
Chris Carter	Assistant Head Coach – Distance
Joe Carter	Hurdles
Sierra Gritz	Sprints
Mark Kelly	Pole Vault
Bridgett Knight	Sprints
Bob Moeck	Throws
Lauren Shuster	Distance/Sprints/Hurdles/Weight Training
Kelly Sowers	Distance

Letter Qualifying Marks for Brookwood Girls Track and Field

Event	9th	10th	11th	12th
100	13.5	13.3	13.1	13
200	28.0	27.5	27.2	27.0
400	64	63	62	61
800	2:33	2:31	2:29	2:27
1600	6:05	5:48	5:40	5:37
3200	12:50	12:35	12:10	12:00
100IH	18.2	17.8	17.5	17.0
300LH	52.0	51.0	49.5	48.5
Shot	26'	28'	30'	32'
Discus	75'	85'	95'	105'
P. Vault	7' 0"	7' 6"	8' 0"	8' 6"
L. Jump	13' 6"	14' 6"	15' 6"	16' 0"
T. Jump	31' 0"	32' 0"	33' 6"	34' 0"
H. Jump	4' 6"	4' 8"	4' 10"	5' 0"

Lettering Requirements

1. Score 10 varsity points during the track season.
2. Compete in all Varsity Track Meets.
3. Participate in the Varsity County Track Meet and Region Meet.
4. Participate in the JV Region Meet.

One may letter with recognition by:

1. Placing in the top 2 in your event (includes relays) at the JV or Varsity County Meet and Region meets.
2. Breaking into the top 10 list in your event or relay or improving your top 10 mark.
3. Breaking a class record.

Athletes with perfect attendance will be recognized.

NEWS

Conditioning – Meet in the commons area Monday, Wednesday and Thursday after school.

First day of practice – January 22

We currently need volunteers for the following positions.

- Treasurer

Please contact Coach Ashford if you can help or if you have any questions.

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COACHASHFORD@aol.com