

Girl's Winter 2019 - 2020 Standards

	Event	State	Regional	District	Lettering
55m	Dash	7.32	7.56	7.94	8.44
300m	Dash	41.38	43.00	47.38	50.14
500m	Dash	1:18.54	1:20.76	1:28.18	1:32.44
1000m	Run	3:05.51	3:07.77	3:24.90	3:40.54
1600m	Run	5:17.27	5:20.96	5:47.44	6:20.24
3200m	Run	11:22.67	11:41.51	12:59.42	13:30.24
55m	Hurdles	8.51	9.31	10.42	11.04
	High Jump	5-00.00	4-10.00	4-05.00	4-00.00
	Pole Vault	9-00.00	8-00.00	6-06.00	6-00.00
	Long Jump	17-05.00	16-03.25	14-03.50	12-05.00
	Triple Jump	36-07.00	33-06.50	30-02.00	26-00.00
	Shot Put	36-02.50	33-04.00	25-06.00	23-05.00
4x200m	Relay	1:47.05	1:50.19	N/A	N/A
4x400m	Relay	4:07.60	4:13.72	N/A	N/A
4x800m	Relay	9:40.80	10:01.97	N/A	N/A

Boy's Winter 2019 - 2020 Standards

	Event	State	Regional	District	Lettering
55m	Dash	6.60	6.77	7.07	7.44
300m	Dash	36.21	37.01	38.58	40.64
500m	Dash	1:08.16	1:09.35	1:13.86	1:17.24
1000m	Run	2:36.53	2:39.78	2:50.43	2:59.99
1600m	Run	4:28.34	4:33.47	4:48.77	5:10.24
3200m	Run	9:45.64	9:59.59	10:28.42	11:24.84
55m	Hurdles	7.84	8.32	9.36	10.04
	High Jump	6-01.00	5-09.00	5-02.00	5-00.00
	Pole Vault	12-09.00	11-06.00	9-03.00	8-00.00
	Long Jump	21-02.00	19-11.75	18-07.00	16-03.00
	Triple Jump	43-05.00	41-07.50	38-05.00	33-00.00
	Shot Put	47-07.25	44-01.25	36-04.50	34-00.00
4x200m	Relay	1:33.80	1:35.87	N/A	N/A
4x400m	Relay	3:31.91	3:36.69	N/A	N/A
4x800m	Relay	8:15.41	8:25.49	N/A	N/A