

Girl's 2011 - 2012 Winter Track and field Standards

Events		State	Regional	District	Lettering
55m	Dash	7.35	7.57	7.83	8.24
300m	Dash	41.16	42.79	45.00	48.54
500m	Dash	1:17.77	1:20.35	1:26.10	1:30.04
1000m	Run	3:02.78	3:06.31	3:19.64	3:40.54
1600m	Run	5:14.25	5:19.25	5:37.00	6:20.24
3200m	Run	11:18.00	11:37.50	12:22.46	13:30.24
55m	Hurdles	8.64	9.25	10.08	11.04
	High Jump	5-02.00	5-00.00	4-08.00	4-01.00
	Pole Vault	9-06.00	9-02.00	6-09.00	6-00.00
	Long Jump	17-07.25	16-06.50	14-09.25	13-00.00
	Triple Jump	36-07.50	34-03.00	30-10.75	27-00.00
	Shot Put	35-08.25	33-08.00	27-04.75	24-00.00
4x200m	Relay	1:46.76	1:50.70		
4x400m	Relay	4:05.58	4:12.38		
4x800m	Relay	9:44.11	9:56.13		

Boy's 2011 - 2012 Winter Track and field Standards

Events		State	Regional	District	Lettering
55m	Dash	6.60	6.72	6.99	7.34
300m	Dash	35.89	36.93	38.47	40.54
500m	Dash	1:07.05	1:08.42	1:12.19	1:17.24
1000m	Run	2:35.89	2:39.89	2:46.54	2:55.24
1600m	Run	4:25.97	4:32.71	4:44.76	5:10.24
3200m	Run	9:40.48	9:50.03	10:23.33	11:24.84
55m	Hurdles	7.92	8.19	8.89	10.04
	High Jump	6-03.00	6-00.00	5-07.00	5-00.00
	Pole Vault	12-09.00	12-00.00	10-00.00	8-00.00
	Long Jump	21-11.75	20-06.00	19-02.25	17-05.00
	Triple Jump	44-08.50	42-02.50	38-08.75	35-00.00
	Shot Put	50-03.25	45-10.25	39-11.00	37-05.00
4x200m	Relay	1:33.42	1:35.26		
4x400m	Relay	3:29.97	3:34.38		
4x800m	Relay	8:10.18	8:24.87		