

### Women's 2011 Spring Standards

	Event	State	Regional	District	Lettering
100m	Dash	12.44	12.95	13.38	15.24
200m	Dash	25.41	26.65	27.96	30.24
400m	Dash	57.75	1:00.68	1:04.01	1:08.24
800m	Run	2:18.26	2:19.73	2:27.89	2:45.24
1600m	Run	5:08.57	5:13.88	5:28.43	6:15.24
3200m	Run	11:19.14	11:26.58	12:07.20	13:15.24
100m	Hurdles	15.28	16.27	17.92	20.54
300m	Hurdles	46.27	48.17	51.21	55.44
	High Jump	5-04.00	5-01.00	4-06.00	4-01.00
	Pole Vault	10-03.00	9-04.00	7-02.00	6-00.00
	Long Jump	17-08.50	16-10.50	15-06.00	13-00.00
	Triple Jump	36-11.75	35-05.25	32-04.00	27-00.00
	Shot Put	36-11.00	34-03.25	28-07.00	24-00.00
	Discus	108-11.00	100-05.00	82-01.00	65-00.00
4x100m	Relay	48.91	50.85		
4x400m	Relay	4:00.87	4:06.52		
4x800m	Relay	9:33.40	9:45.76		

### Men's 2011 Spring Standards

	Event	State	Regional	District	Lettering
100m	Dash	11.16	11.34	11.79	12.84
200m	Dash	22.51	22.99	24.18	25.44
400m	Dash	50.43	51.09	53.40	58.24
800m	Run	1:57.22	1:58.65	2:04.34	2:10.24
1600m	Run	4:23.15	4:25.55	4:41.61	5:05.04
3200m	Run	9:37.70	9:42.09	10:12.39	11:15.24
110m	Hurdles	15.18	15.65	16.73	19.54
300m	Hurdles	39.57	40.85	43.92	48.54
	High Jump	6-03.00	6-00.00	5-07.00	5-00.00
	Pole Vault	13-06.00	12-05.00	9-08.00	8-06.00
	Long Jump	22-05.50	21-01.75	19-04.00	17-00.00
	Triple Jump	45-06.50	42-11.00	39-06.00	36-00.00
	Shot Put	51-11.00	47-05.75	42-04.00	37-00.00
	Discus	150-00.00	134-10.00	115-06.00	90-00.00
4x100m	Relay	42.99	44.15		
4x400m	Relay	3:23.26	3:27.61		
4x800m	Relay	8:04.23	8:09.50		