

Girl's 2012 - 2013 Winter Track and field Standards

Events		State	Regional	District	Lettering
55m	Dash	7.33	7.55	7.83	8.24
300m	Dash	41.09	42.76	44.93	48.54
500m	Dash	1:17.64	1:20.11	1:26.05	1:30.04
1000m	Run	3:02.43	3:05.96	3:19.33	3:40.54
1600m	Run	5:13.15	5:19.05	5:35.72	6:20.24
3200m	Run	11:14.37	11:32.42	12:17.46	13:30.24
55m	Hurdles	8.60	9.21	10.09	11.04
	High Jump	5-02.00	5-00.00	4-08.00	4-01.00
	Pole Vault	9-06.00	9-01.00	6-09.00	6-00.00
	Long Jump	17-00.00	16-06.50	14-10.50	13-00.00
	Triple Jump	36-08.00	34-02.25	31-01.75	27-00.00
	Shot Put	35-10.25	33-02.50	27-04.25	24-00.00
4x200m	Relay	1:46.39	1:50.53		
4x400m	Relay	4:05.04	4:12.84		
4x800m	Relay	9:42.32	9:58.20		

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Events		State	Regional	District	Lettering
55m	Dash	6.59	6.70	6.96	7.34
300m	Dash	35.90	36.90	38.32	40.54
500m	Dash	1:07.01	1:08.33	1:11.85	1:17.24
1000m	Run	2:35.68	2:39.97	2:46.04	2:55.24
1600m	Run	4:25.20	4:31.70	4:43.67	5:10.24
3200m	Run	9:38.51	9:47.72	10:22.58	11:24.84
55m	Hurdles	7.89	8.17	8.84	10.04
	High Jump	6-03.00	6-00.00	5-07.00	5-00.00
	Pole Vault	12-09.00	12-01.00	10-00.00	8-00.00
	Long Jump	21-11.25	20-06.00	19-04.00	17-05.00
	Triple Jump	44-08.75	42-01.00	39-01.50	35-00.00
	Shot Put	50-03.00	45-09.50	39-11.50	37-05.00
4x200m	Relay	1:33.28	1:35.16		
4x400m	Relay	3:29.83	3:34.31		
4x800m	Relay	8:09.39	8:23.92		