

### Women's 2012 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	12.44	12.92	13.41	15.24
200m Dash	25.47	26.67	27.93	30.24
400m Dash	57.77	1:00.60	1:03.85	1:08.24
800m Run	2:17.62	2:19.55	2:27.55	2:45.24
1600m Run	5:05.28	5:13.49	5:28.11	6:15.24
3200m Run	11:17.10	11:26.16	12:04.21	13:15.24
100m Hurdles	15.28	16.25	17.82	20.54
300m Hurdles	46.10	48.05	50.97	55.44
High Jump	5-03.00	5-00.00	4-07.00	4-01.00
Pole Vault	10-03.00	9-03.00	7-03.00	6-00.00
Long Jump	17-08.50	16-09.50	15-04.00	13-00.00
Triple Jump	36-11.00	35-05.50	32-05.00	27-00.00
Shot Put	37-02.00	34-03.25	28-10.25	24-00.00
Discus	110-00.00	99-10.00	82-10.00	65-00.00
4x100m Relay	48.92	50.92		
4x400m Relay	4:00.11	4:06.85		
4x800m Relay	9:33.98	9:43.78		

### Men's 2012 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	11.14	11.31	11.73	12.84
200m Dash	22.50	22.94	24.02	25.44
400m Dash	50.37	51.06	53.24	58.24
800m Run	1:56.94	1:58.70	2:03.51	2:10.24
1600m Run	4:22.38	4:25.51	4:40.30	5:05.04
3200m Run	9:35.20	9:41.01	10:10.63	11:15.24
110m Hurdles	15.17	15.66	16.63	19.54
300m Hurdles	39.50	40.85	43.68	48.54
High Jump	6-03.00	6-01.00	5-08.00	5-00.00
Pole Vault	13-03.00	12-06.00	9-11.00	8-06.00
Long Jump	22-03.50	21-01.25	19-03.00	17-00.00
Triple Jump	45-06.50	43-05.00	39-06.50	36-00.00
Shot Put	52-00.50	47-02.25	41-11.50	37-00.00
Discus	149-07.00	134-08.00	115-07.00	90-00.00
4x100m Relay	43.03	44.04		
4x400m Relay	3:23.38	3:27.74		
4x800m Relay	8:03.57	8:09.58		