

**Girl's 2013 - 2014 Winter T&F Standards**

<b>Events</b>		<b>State</b>	<b>Regional</b>	<b>Conference</b>	<b>Lettering</b>
<b>55m</b>	<b>Dash</b>	<b>7.39</b>	<b>7.56</b>	<b>7.99</b>	<b>8.24</b>
<b>300m</b>	<b>Dash</b>	<b>41.90</b>	<b>43.45</b>	<b>45.47</b>	<b>48.54</b>
<b>500m</b>	<b>Dash</b>	<b>1:19.68</b>	<b>1:24.26</b>	<b>1:28.08</b>	<b>1:30.04</b>
<b>1000m</b>	<b>Run</b>	<b>3:07.21</b>	<b>3:13.83</b>	<b>3:20.41</b>	<b>3:40.54</b>
<b>1600m</b>	<b>Run</b>	<b>5:17.86</b>	<b>5:26.85</b>	<b>5:39.21</b>	<b>6:20.24</b>
<b>3200m</b>	<b>Run</b>	<b>11:39.44</b>	<b>12:00.00</b>	<b>12:32.21</b>	<b>13:30.24</b>
<b>55m</b>	<b>Hurdles</b>	<b>8.84</b>	<b>9.34</b>	<b>10.50</b>	<b>11.04</b>
	<b>High Jump</b>	<b>5-01.00</b>	<b>4-10.00</b>	<b>4-03.00</b>	<b>4-01.00</b>
	<b>Pole Vault</b>	<b>9-04.00</b>	<b>8-06.00</b>	<b>6-09.00</b>	<b>6-00.00</b>
	<b>Long Jump</b>	<b>17-04.25</b>	<b>16-01.00</b>	<b>14-00.00</b>	<b>13-00.00</b>
	<b>Triple Jump</b>	<b>35-10.50</b>	<b>33-06.25</b>	<b>29-11.50</b>	<b>27-00.00</b>
	<b>Shot Put</b>	<b>34-02.25</b>	<b>33-01.00</b>	<b>25-08.75</b>	<b>24-00.00</b>
<b>4x200m</b>	<b>Relay</b>	<b>1:49.27</b>	<b>1:53.73</b>		
<b>4x400m</b>	<b>Relay</b>	<b>4:14.83</b>	<b>4:28.07</b>		
<b>4x800m</b>	<b>Relay</b>	<b>10:10.09</b>	<b>11:06.12</b>		

**Boy's 2013 - 2014 Winter T&F Standards**

<b>Events</b>		<b>State</b>	<b>Regional</b>	<b>District</b>	<b>Lettering</b>
<b>55m</b>	<b>Dash</b>	<b>6.54</b>	<b>6.71</b>	<b>7.00</b>	<b>7.34</b>
<b>300m</b>	<b>Dash</b>	<b>36.00</b>	<b>36.87</b>	<b>38.49</b>	<b>40.54</b>
<b>500m</b>	<b>Dash</b>	<b>1:07.71</b>	<b>1:09.70</b>	<b>1:12.53</b>	<b>1:17.24</b>
<b>1000m</b>	<b>Run</b>	<b>2:37.20</b>	<b>2:42.12</b>	<b>2:47.51</b>	<b>2:55.24</b>
<b>1600m</b>	<b>Run</b>	<b>4:26.95</b>	<b>4:33.73</b>	<b>4:43.81</b>	<b>5:10.24</b>
<b>3200m</b>	<b>Run</b>	<b>9:40.25</b>	<b>9:59.78</b>	<b>10:19.05</b>	<b>11:24.84</b>
<b>55m</b>	<b>Hurdles</b>	<b>7.86</b>	<b>8.21</b>	<b>9.13</b>	<b>10.04</b>
	<b>High Jump</b>	<b>6-02.00</b>	<b>5-07.00</b>	<b>5-03.00</b>	<b>5-00.00</b>
	<b>Pole Vault</b>	<b>12-04.00</b>	<b>9-06.00</b>	<b>9-00.00</b>	<b>8-00.00</b>
	<b>Long Jump</b>	<b>21-07.50</b>	<b>20-04.75</b>	<b>18-05.75</b>	<b>17-05.00</b>
	<b>Triple Jump</b>	<b>44-05.00</b>	<b>41-08.25</b>	<b>37-11.50</b>	<b>35-00.00</b>
	<b>Shot Put</b>	<b>48-00.75</b>	<b>42-02.25</b>	<b>37-08.00</b>	<b>37-05.00</b>
<b>4x200m</b>	<b>Relay</b>	<b>1:33.80</b>	<b>1:36.71</b>		
<b>4x400m</b>	<b>Relay</b>	<b>3:33.10</b>	<b>3:43.22</b>		
<b>4x800m</b>	<b>Relay</b>	<b>8:20.80</b>	<b>8:55.66</b>		