

### Girl's 2014 - 2015 Winter T&F Standards

Events		State	Regional	Conference	Lettering
55m	Dash	7.39	7.60	7.98	8.44
300m	Dash	42.30	43.71	48.87	50.14
500m	Dash	1:20.32	1:24.54	1:28.58	1:32.44
1000m	Run	3:08.13	3:15.38	3:21.96	3:40.54
1600m	Run	5:21.64	5:29.73	5:41.78	6:20.24
3200m	Run	11:38.69	12:08.57	12:41.00	13:30.24
55m	Hurdles	8.94	9.42	10.54	11.04
	High Jump	5-01.00	4-09.00	4-03.00	4-00.00
	Pole Vault	9-03.00	7-06.00	6-08.00	6-00.00
	Long Jump	17-01.50	15-08.00	13-10.75	12-05.00
	Triple Jump	35-08.50	33-06.00	29-08.50	26-00.00
	Shot Put	34-02.50	30-03.00	25-07.25	23-05.00
4x200m	Relay	1:49.04	1:54.27		
4x400m	Relay	4:14.00	4:29.29		
4x800m	Relay	10:09.37	11:08.54		

### Boy's 2014 - 2015 Winter T&F Standards

Events		State	Regional	District	Lettering
55m	Dash	6.56	6.73	7.02	7.44
300m	Dash	36.14	37.12	38.85	40.64
500m	Dash	1:07.88	1:09.85	1:13.15	1:17.24
1000m	Run	2:37.75	2:43.31	2:48.90	2:58.24
1600m	Run	4:29.90	4:35.16	4:46.15	5:10.24
3200m	Run	9:43.28	10:03.78	10:22.45	11:24.84
55m	Hurdles	7.89	8.27	9.26	10.04
	High Jump	6-01.00	5-07.00	5-03.00	5-00.00
	Pole Vault	12-00.00	9-03.00	9-00.00	8-00.00
	Long Jump	21-04.00	20-02.50	18-05.50	16-03.00
	Triple Jump	43-07.50	41-06.75	37-11.00	33-00.00
	Shot Put	47-05.00	41-08.75	37-02.00	34-00.00
4x200m	Relay	1:34.11	1:37.06		
4x400m	Relay	3:33.13	3:42.51		
4x800m	Relay	8:20.41	8:56.18		