

Women's 2014 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	12.72	12.97	13.86	15.24
200m Dash	26.02	26.61	28.30	30.24
400m Dash	59.13	1:01.65	1:04.66	1:08.24
800m Run	2:23.67	2:26.70	2:34.24	2:45.24
1600m Run	5:19.71	5:27.35	5:40.48	6:15.24
3200m Run	11:47.20	12:02.27	12:37.24	13:15.24
100m Hurdles	15.79	16.42	18.58	20.54
300m Hurdles	47.75	49.26	53.63	55.44
High Jump	5-01.00	4-11.00	4-03.00	4-01.00
Pole Vault	9-06.00	8-00.00	6-03.00	6-00.00
Long Jump	17-03.00	16-04.75	14-05.50	13-00.00
Triple Jump	36-01.50	34-00.50	30-08.00	27-00.00
Shot Put	35-01.75	32-08.00	26-09.50	24-00.00
Discus	103-09.00	95-10.00	75-03.00	65-00.00
4x100m Relay	51.01	52.26		
4x400m Relay	4:11.93	4:20.63		
4x800m Relay	10:08.22	10:29.93		

Men's 2014 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	11.28	11.47	11.92	12.84
200m Dash	22.72	23.22	24.19	25.44
400m Dash	50.93	52.23	54.18	58.24
800m Run	1:59.42	2:02.21	2:08.72	2:10.24
1600m Run	4:27.60	4:33.93	4:55.92	5:05.04
3200m Run	9:50.37	10:00.25	10:29.30	11:15.24
110m Hurdles	15.22	15.65	18.24	19.54
300m Hurdles	40.69	41.84	46.11	48.54
High Jump	6-01.00	5-10.00	5-02.00	5-00.00
Pole Vault	12-06.00	10-00.00	8-06.00	8-06.00
Long Jump	21-07.75	20-08.50	18-09.25	17-00.00
Triple Jump	43-11.00	42-04.00	38-08.00	36-00.00
Shot Put	49-05.75	44-10.00	38-05.50	37-00.00
Discus	144-00.00	130-11.00	110-00.00	90-00.00
4x100m Relay	44.60	45.48		
4x400m Relay	3:31.30	3:36.07		
4x800m Relay	8:18.84	8:34.27		