

Women's 2015 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	12.73	12.92	13.81	15.24
200m Dash	25.97	26.45	28.28	30.24
400m Dash	59.17	1:01.51	1:04.97	1:08.24
800m Run	2:23.08	2:26.52	2:34.79	2:45.24
1600m Run	5:19.47	5:28.91	5:41.94	6:15.24
3200m Run	11:45.28	12:02.65	12:29.94	13:15.24
100m Hurdles	15.75	16.37	18.51	20.54
300m Hurdles	47.82	49.35	53.77	55.44
High Jump	5-01.00	4-11.00	4-03.00	4-01.00
Pole Vault	9-05.00	7-09.00	6-02.00	6-00.00
Long Jump	17-01.50	16-03.00	14-05.25	13-00.00
Triple Jump	36-00.00	33-11.50	30-08.25	27-00.00
Shot Put	34-11.25	32-07.00	26-11.50	24-00.00
Discus	105-06.50	95-10.00	74-00.00	65-00.00
4x100m Relay	50.73	51.97		
4x400m Relay	4:10.50	4:19.79		
4x800m Relay	10:05.40	10:27.27		

Men's 2015 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	11.27	11.42	11.91	12.84
200m Dash	22.68	23.12	24.20	25.44
400m Dash	50.94	52.14	54.32	58.24
800m Run	1:59.08	2:02.04	2:08.37	2:10.24
1600m Run	4:27.85	4:33.21	4:53.59	5:05.04
3200m Run	9:58.25	9:59.52	10:28.02	11:15.24
110m Hurdles	15.27	15.63	18.38	19.54
300m Hurdles	40.64	41.79	46.15	48.54
High Jump	6-00.00	5-10.00	5-03.00	5-00.00
Pole Vault	12-05.00	9-09.00	8-06.00	8-00.00
Long Jump	21-05.50	20-07.00	18-08.75	17-00.00
Triple Jump	43-08.75	42-02.00	38-08.00	34-00.00
Shot Put	45-08.25	44-06.00	37-11.75	35-00.00
Discus	142-05.50	130-06.00	108-04.00	85-00.00
4x100m Relay	44.26	45.33		
4x400m Relay	3:30.52	3:36.06		
4x800m Relay	8:16.52	8:31.65		