

Girl's 2017 - 2018 Winter T&F Standards

Events	State	Regional	District	Lettering
55m Dash	7.29	7.49	7.97	8.44
300m Dash	41.46	42.61	47.82	50.14
500m Dash	1:18.10	1:20.01	1:28.28	1:32.44
1000m Run	3:06.40	3:04.66	3:23.20	3:40.54
1600m Run	5:17.60	5:15.15	5:45.46	6:20.24
3200m Run	11:22.40	11:28.34	12:54.95	13:30.24
55m Hurdles	8.52	9.27	10.42	11.04
High Jump	5-01.50	4-11.00	4-05.00	4-00.00
Pole Vault	9-03.00	8-07.00	6-06.00	6-00.00
Long Jump	17-05.50	16-04.50	14-00.00	12-05.00
Triple Jump	36-10.75	33-11.25	30-00.00	26-00.00
Shot Put	36-09.00	33-11.50	30-05.25	23-05.00
4x200m Relay	1:46.80	1:49.47		
4x400m Relay	4:07.00	4:12.05		
4x800m Relay	9:37.90	9:54.26		

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Events	State	Regional	District	Lettering
55m Dash	6.60	6.73	7.06	7.44
300m Dash	36.30	36.85	36.54	40.64
500m Dash	1:08.40	1:08.51	1:13.98	1:17.24
1000m Run	2:37.00	2:38.65	2:49.34	2:58.24
1600m Run	4:28.20	4:32.23	4:48.00	5:10.24
3200m Run	9:44.80	9:52.57	10:26.50	11:24.84
55m Hurdles	7.88	8.17	9.41	10.04
High Jump	6-02.50	5-11.00	5-03.00	5-00.00
Pole Vault	12-09.00	11-08.00	8-11.00	8-00.00
Long Jump	21-02.00	20-08.25	18-05.25	16-03.00
Triple Jump	43-04.00	42-02.25	38-03.50	33-00.00
Shot Put	47-07.50	45-04.75	36-05.75	34-00.00
4x200m Relay	1:33.90	1:35.16		
4x400m Relay	3:31.50	3:34.57		
4x800m Relay	8:17.30	8:25.26		