

### Women's 2017 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	12.68	12.86	13.82	15.24
200m Dash	25.85	26.24	28.16	30.24
400m Dash	58.67	1:00.88	1:04.86	1:08.24
800m Run	2:22.16	2:25.89	2:35.58	2:45.24
1600m Run	5:19.99	5:30.23	5:42.65	6:15.24
3200m Run	11:43.44	12:07.04	12:28.44	13:15.24
100m Hurdles	15.67	16.42	18.66	20.54
300m Hurdles	47.45	49.10	53.78	55.44
High Jump	5-00.00	4-11.00	4-04.00	4-01.00
Pole Vault	9-00.00	7-09.00	6-06.00	6-00.00
Long Jump	17-01.25	16-05.00	14-05.50	13-00.00
Triple Jump	35-11.00	34-00.00	31-00.75	27-00.00
Shot Put	34-09.00	32-04.00	27-01.25	24-00.00
Discus	103-11.00	95-05.00	75-02.00	65-00.00
4x100m Relay	50.34	51.67		
4x400m Relay	4:08.05	4:18.61		
4x800m Relay	10:00.48	10:21.49		

### Men's 2017 Spring Standards

Event	State	Regional	Conference	Lettering
100m Dash	11.24	11.41	11.95	12.84
200m Dash	22.61	23.11	24.12	25.44
400m Dash	50.69	51.70	53.93	58.24
800m Run	1:58.47	2:01.81	2:07.82	2:10.24
1600m Run	4:26.94	4:33.10	4:49.31	5:05.04
3200m Run	9:53.63	9:58.98	10:21.74	11:15.24
110m Hurdles	15.36	15.71	18.28	19.54
300m Hurdles	40.71	41.88	45.55	48.54
High Jump	6-00.00	5-10.00	5-04.00	5-00.00
Pole Vault	12-03.00	9-10.00	8-09.00	8-06.00
Long Jump	21-03.25	20-07.00	18-09.50	17-00.00
Triple Jump	43-05.50	42-02.00	38-07.75	36-00.00
Shot Put	46-03.00	44-06.00	38-00.25	37-00.00
Discus	140-00.00	129-07.00	107-07.00	90-00.00
4x100m Relay	44.07	45.02		
4x400m Relay	3:28.99	3:34.47		
4x800m Relay	8:12.85	8:28.29		