

Women's 2018 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	12.44	12.79	13.75	15.24
200m Dash	25.55	26.24	28.15	30.24
400m Dash	58.33	1:00.06	1:04.45	1:08.24
800m Run	2:16.64	2:20.37	2:35.13	2:45.24
1600m Run	5:07.21	5:15.69	5:41.23	6:15.24
3200m Run	11:30.14	11:32.62	12:28.44	13:15.24
100m Hurdles	15.20	16.40	18.64	20.54
300m Hurdles	45.75	48.50	53.78	55.44
High Jump	5-02.00	4-10.00	4-05.00	4-01.00
Pole Vault	9-09.00	8-09.00	6-06.00	6-00.00
Long Jump	17-05.50	16-02.25	14-06.50	13-00.00
Triple Jump	37-05.75	34-06.75	31-03.25	27-00.00
Shot Put	36-06.25	34-01.00	27-01.25	24-00.00
Discus	110-00.00	96-07.00	76-08.00	65-00.00
4x100m Relay	49.09	51.07		
4x400m Relay	3:59.55	4:09.94		
4x800m Relay	9:33.83	9:53.77		

Men's 2018 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	11.26	11.38	11.91	12.84
200m Dash	22.44	22.96	23.98	25.44
400m Dash	49.95	51.34	53.93	58.24
800m Run	1:56.77	2:00.10	2:07.55	2:10.24
1600m Run	4:22.12	4:34.56	4:48.66	5:05.04
3200m Run	9:38.69	9:50.56	10:20.45	11:15.24
110m Hurdles	15.12	15.95	18.08	19.54
300m Hurdles	39.86	41.53	45.55	48.54
High Jump	6-02.00	5-10.00	5-04.00	5-00.00
Pole Vault	12-09.00	12-00.00	9-00.00	8-00.00
Long Jump	22-11.00	20-06.75	18-11.25	17-00.00
Triple Jump	44-02.75	42-00.00	38-10.25	34-00.00
Shot Put	49-00.75	45-05.75	38-00.25	35-00.00
Discus	141-07.00	130-03.00	107-07.00	85-00.00
4x100m Relay	43.32	44.62		
4x400m Relay	3:24.08	3:30.80		
4x800m Relay	8:07.22	8:19.82		