

### Girl's Winter 2018 - 2019 Standards

	<b>Event</b>	<b>State</b>	<b>Regional</b>	<b>District</b>	<b>Lettering</b>
<b>55m</b>	<b>Dash</b>	<b>7.28</b>	<b>7.53</b>	<b>7.93</b>	<b>8.44</b>
<b>300m</b>	<b>Dash</b>	<b>41.50</b>	<b>42.81</b>	<b>47.61</b>	<b>50.14</b>
<b>500m</b>	<b>Dash</b>	<b>1:18.45</b>	<b>1:20.51</b>	<b>1:28.25</b>	<b>1:32.44</b>
<b>1000m</b>	<b>Run</b>	<b>3:05.91</b>	<b>3:07.14</b>	<b>3:24.51</b>	<b>3:40.54</b>
<b>1600m</b>	<b>Run</b>	<b>5:17.00</b>	<b>5:18.21</b>	<b>5:48.84</b>	<b>6:20.24</b>
<b>3200m</b>	<b>Run</b>	<b>11:22.47</b>	<b>11:33.74</b>	<b>12:55.49</b>	<b>13:30.24</b>
<b>55m</b>	<b>Hurdles</b>	<b>8.51</b>	<b>9.33</b>	<b>10.43</b>	<b>11.04</b>
	<b>High Jump</b>	<b>5-00.00</b>	<b>4-10.00</b>	<b>4-05.00</b>	<b>4-00.00</b>
	<b>Pole Vault</b>	<b>9-03.00</b>	<b>8-00.00</b>	<b>6-06.00</b>	<b>6-00.00</b>
	<b>Long Jump</b>	<b>17-05.50</b>	<b>16-03.75</b>	<b>14-02.25</b>	<b>12-05.00</b>
	<b>Triple Jump</b>	<b>36-08.00</b>	<b>33-07.75</b>	<b>29-11.25</b>	<b>26-00.00</b>
	<b>Shot Put</b>	<b>36-06.00</b>	<b>33-09.50</b>	<b>25-02.75</b>	<b>23-05.00</b>
<b>4x200m</b>	<b>Relay</b>	<b>1:46.75</b>	<b>1:50.00</b>	<b>N/A</b>	<b>N/A</b>
<b>4x400m</b>	<b>Relay</b>	<b>4:06.98</b>	<b>4:13.45</b>	<b>N/A</b>	<b>N/A</b>
<b>4x800m</b>	<b>Relay</b>	<b>9:39.30</b>	<b>9:58.19</b>	<b>N/A</b>	<b>N/A</b>

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<b>55m</b>	<b>Dash</b>	<b>6.61</b>	<b>6.74</b>	<b>7.06</b>	<b>7.44</b>
<b>300m</b>	<b>Dash</b>	<b>36.20</b>	<b>36.93</b>	<b>38.37</b>	<b>40.64</b>
<b>500m</b>	<b>Dash</b>	<b>1:08.15</b>	<b>1:09.15</b>	<b>1:13.55</b>	<b>1:17.24</b>
<b>1000m</b>	<b>Run</b>	<b>2:36.79</b>	<b>2:39.53</b>	<b>2:49.70</b>	<b>2:59.99</b>
<b>1600m</b>	<b>Run</b>	<b>4:28.47</b>	<b>4:33.35</b>	<b>4:48.46</b>	<b>5:10.24</b>
<b>3200m</b>	<b>Run</b>	<b>9:45.22</b>	<b>9:56.23</b>	<b>10:26.69</b>	<b>11:24.84</b>
<b>55m</b>	<b>Hurdles</b>	<b>7.86</b>	<b>8.25</b>	<b>9.31</b>	<b>10.04</b>
	<b>High Jump</b>	<b>6-02.50</b>	<b>5-09.00</b>	<b>5-02.00</b>	<b>5-00.00</b>
	<b>Pole Vault</b>	<b>12-09.00</b>	<b>11-06.00</b>	<b>9-00.00</b>	<b>8-00.00</b>
	<b>Long Jump</b>	<b>21-03.00</b>	<b>20-05.25</b>	<b>18-06.50</b>	<b>16-03.00</b>
	<b>Triple Jump</b>	<b>43-03.00</b>	<b>41-10.50</b>	<b>38-07.50</b>	<b>33-00.00</b>
	<b>Shot Put</b>	<b>47-09.00</b>	<b>44-08.50</b>	<b>36-02.50</b>	<b>34-00.00</b>
<b>4x200m</b>	<b>Relay</b>	<b>1:33.91</b>	<b>1:35.71</b>	<b>N/A</b>	<b>N/A</b>
<b>4x400m</b>	<b>Relay</b>	<b>3:31.51</b>	<b>3:35.42</b>	<b>N/A</b>	<b>N/A</b>
<b>4x800m</b>	<b>Relay</b>	<b>8:16.61</b>	<b>8:25.59</b>	<b>N/A</b>	<b>N/A</b>