

### Women's 2019 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	12.47	12.86	13.70	15.24
200m Dash	25.62	26.40	27.99	30.24
400m Dash	58.29	1:00.20	1:04.38	1:08.24
800m Run	2:17.11	2:20.57	2:35.10	2:45.24
1600m Run	5:08.79	5:16.47	5:43.51	6:15.24
3200m Run	11:18.44	11:33.60	12:35.16	13:15.24
100m Hurdles	15.41	16.52	18.59	20.54
300m Hurdles	45.74	48.57	53.95	55.44
High Jump	5-08.00	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	17-06.50	16-02.00	14-07.00	13-00.00
Triple Jump	37-05.00	34-05.25	31-07.00	27-00.00
Shot Put	36-09.00	34-00.25	27-01.00	24-00.00
Discus	110-10.00	96-01.00	78-05.00	65-00.00
4x100m Relay	49.11	51.16		
4x400m Relay	3:59.88	4:10.57		
4x800m Relay	9:35.54	9:56.31		

### Men's 2019 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	11.25	11.39	11.88	12.84
200m Dash	22.44	22.95	23.89	25.44
400m Dash	49.85	51.47	53.73	58.24
800m Run	1:56.84	2:00.25	2:06.82	2:10.24
1600m Run	4:22.97	4:34.31	4:46.94	5:05.04
3200m Run	9:39.12	9:50.49	10:19.91	11:15.24
110m Hurdles	15.17	16.16	17.87	19.54
300m Hurdles	39.89	41.61	43.24	48.54
High Jump	6-02.00	5-09.00	5-04.00	5-00.00
Pole Vault	12-09.00	12-00.00	9-00.00	8-00.00
Long Jump	21-10.00	20-05.25	19-01.00	17-00.00
Triple Jump	44-10.00	41-05.00	39-03.00	34-00.00
Shot Put	49-02.00	44-09.00	37-09.50	35-00.00
Discus	142-04.25	128-05.00	106-05.00	85-00.00
4x100m Relay	43.26	44.53		
4x400m Relay	3:24.38	3:31.32		
4x800m Relay	8:07.66	8:23.66		