

Girl's Winter 2021 - 2022 Standards

	Event	State	Regional	District	Lettering
55m	Dash	7.32	7.55	7.75	8.44
300m	Dash	41.38	42.96	44.47	50.14
500m	Dash	1:18.54	1:21.70	1:24.11	1:32.44
1000m	Run	3:05.51	3:08.67	3:16.49	3:40.54
1600m	Run	5:17.27	5:20.48	5:30.51	6:20.24
3200m	Run	11:22.67	11:42.79	12:14.21	13:30.24
55m	Hurdles	8.51	9.30	10.18	11.04
	High Jump	5-00.00	5-00.00	4-08.00	4-00.00
	Pole Vault	9-00.00	8-00.00	6-09.00	6-00.00
	Long Jump	17-05.00	16-02.75	15-01.00	12-05.00
	Triple Jump	36-07.00	33-10.50	32-00.25	26-00.00
	Shot Put	36-02.50	31-11.75	26-06.00	23-05.00
4x200m	Relay	1:47.05	1:50.08	N/A	N/A
4x400m	Relay	4:07.60	4:13.66	N/A	N/A
4x800m	Relay	9:40.80	10:02.07	N/A	N/A

Boy's Winter 2021 - 2022 Standards

	Event	State	Regional	District	Lettering
55m	Dash	6.60	6.76	6.95	7.44
300m	Dash	36.21	37.10	38.41	40.64
500m	Dash	1:08.16	1:09.54	1:12.25	1:17.24
1000m	Run	2:36.53	2:40.11	2:46.21	2:59.99
1600m	Run	4:28.34	4:33.21	4:43.32	5:10.24
3200m	Run	9:45.64	10:00.32	10:28.09	11:24.84
55m	Hurdles	7.84	8.38	9.16	10.04
	High Jump	6-01.00	5-09.00	5-04.00	5-00.00
	Pole Vault	12-09.00	11-03.00	10-03.00	8-00.00
	Long Jump	21-02.00	19-11.75	18-08.00	16-03.00
	Triple Jump	43-05.00	41-06.00	38-02.25	33-00.00
	Shot Put	47-07.25	44-02.75	39-03.50	34-00.00
4x200m	Relay	1:33.80	1:36.18	N/A	N/A
4x400m	Relay	3:31.91	3:36.44	N/A	N/A
4x800m	Relay	8:15.41	8:28.04	N/A	N/A