

### Women's 2022 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	12.53	12.87	13.34	15.24
200m Dash	25.67	26.39	27.49	30.24
400m Dash	58.46	1:00.32	1:02.37	1:08.24
800m Run	2:18.06	2:20.82	2:28.12	2:45.24
1600m Run	5:11.16	5:15.35	5:29.14	6:15.24
3200m Run	11:19.75	11:34.27	12:13.35	13:15.24
100m Hurdles	15.50	16.47	18.26	20.54
300m Hurdles	46.20	48.65	51.44	55.44
High Jump	5-00.00	4-10.00	4-06.00	4-01.00
Pole Vault	9-09.00	8-06.00	7-03.00	6-00.00
Long Jump	17-05.50	16-01.25	15-02.75	13-00.00
Triple Jump	37-02.00	34-03.75	32-02.00	27-00.00
Shot Put	36-06.75	33-09.75	27-03.00	24-00.00
Discus	110-08.00	94-00.00	79-00.00	65-00.00
4x100m Relay	49.36	51.05		
4x400m Relay	4:01.30	4:09.89		
4x800m Relay	9:41.88	9:57.28		

### Men's 2022 Spring Standards

Event	State	Regional	District	Lettering
100m Dash	11.21	11.38	11.67	12.84
200m Dash	22.44	23.00	23.63	25.44
400m Dash	50.00	41.67	53.00	58.24
800m Run	1:57.20	1:59.39	2:04.23	2:10.24
1600m Run	4:24.88	4:33.19	4:39.94	5:05.04
3200m Run	9:40.01	9:52.80	10:22.47	11:15.24
110m Hurdles	15.12	16.23	16.96	19.54
300m Hurdles	40.11	41.67	43.88	48.54
High Jump	6-00.00	5-08.00	5-06.00	5-00.00
Pole Vault	12-06.00	12-00.00	10-03.00	8-06.00
Long Jump	21-09.25	20-03.00	19-02.50	17-00.00
Triple Jump	43-10.00	41-06.50	39-06.25	36-00.00
Shot Put	48-05.75	44-06.50	40-02.75	37-00.00
Discus	140-09.00	124-11.00	114-03.00	90-00.00
4x100m Relay	43.35	44.57		
4x400m Relay	3:25.00	3:31.97		
4x800m Relay	8:09.45	8:26.73		