

2009 - 2010 State Track and Field Standards

Event	Girls A	Girls AA	Boys A	Boys AA
100m Dash	0:12.94	0:12.63	0:11.42	0:11.21
200m Dash	0:26.55	0:25.96	0:23:09	0:22.72
400m Dash	0:59.31	0:57.55	0:50.54	0:49.73
800m Run	2:20.77	2:17.64	1:59.84	1:55.98
1600m Run	5:13.10	5:04.41	4:28.21	4:17.95
3200m Run	11:19.09	11:03.13	9:49.31	9:21.25
100m High Hurdles	0:16.12	0:15.34		
110m High Hurdles			0:15.70	0:15.36
300m Hurdles	0:46.83	0:46.23	0:40.97	0:39.80
4x100m Relay	0:51.14	0:49.64	0:44.47	0:43.35
4x200m Relay	1:47.60	1:43.91	1:32.42	1:30.11
4x400m Relay	4:07.12	4:01.04	3:30.02	3:24.54
4x800m Relay	9:47.98	9:30.49	8:17.76	7:58.57
High Jump	5' 4"	5' 4"	6' 3"	6' 5"
Pole Vault	10' 1"	10' 7"	13' 3"	13' 11"
Long Jump	17' 1"	17' 6"	20' 10"	21' 9"
Triple Jump	35' 4"	35' 10"	43' 3"	44' 9"
Shot Put	38' 6"	38' 10"	51' 4"	53' 8"
Discus Throw	123' 0"	125' 5"	148' 11"	153' 1"

6/29/09