

## GIRLS' STANDARDS 09

Event	Honor Roll	School Record	State Qual.	True Team Section Median
100m	13.0	12.13	12.65	13.64
200m	27.1	25.64	25.92	28.33
400m	61.5	58.22	57.50	63.92
800m	2:27	2:14.1*	2:16.67	2:31.05
1600m	5:30	5:05.5*	5:04.06	5:39.46
3200m	12:05	11:12.0*	11:04.27	12:49.59
100 HH	16.6	14.8*	15.40	17.44
300 IM	49.0	45.64	45.93	51.42
4x100	52.5	48.80	49.67	53.79
4x200	1:50.5	1:45.02	1:44.18	1:52.07
4x400	4:15	3:57.65	4:00.24	4:10.86
4x800	10:10	9:36.40	9:29.20	10:18.20
High Jump	5' 0"	5' 5"	5' 4"	4' 8"
Pole Vault	9' 0"	11' 5"	10' 8"	8' 6"
Long Jump	16' 0"	17' 9"	17' 4"	15' 1.25"
Triple Jump	33' 4"	36' 10"	35' 11"	32' 2"
Shot Put	34' 6"	40' 10"	39' 2"	30' 1.5"
Discus	107' 6"	149' 7"	125' 11"	96' 6"

## BOYS' STANDARDS 09

Event	Honor Roll	School Record	State Qual.	Tech Lettering Standard
100m	11.2	10.80	11.15	11.50
200m	22.9	22.30	22.67	23.50
400m	51.7	50.75	49.74	53.00
800m	2:02.0	1:55.6*	1:55.88	2:09.00
1600m	4:33.0	4:17.0*	4:17.64	4:55.00
3200m	10:05.0	9:19.04	9:21.72	10:55.00
110 HH	16.0	14.5*	15.28	17.00
300 IM	41.6	39.4*	39.64	43.50
4x100	45.2	43.69	43.35	44.50
4x200	1:34.0	1:33.86	1:30.18	1:33.00
4x400	3:34.0	3:25.9	3:24.30	3:34.00
4x800	8:31.0	8:44.69	7:56.60	8:48.00
High Jump	6' 0"	6' 9"	6' 5"	5' 11"
Pole Vault	12' 3"	14' 4"	13' 11"	10' 0"
Long Jump	20' 5"	21' 5.5"	21' 9"	19' 10"
Triple Jump	41' 4"	46' 3"	44' 8"	38' 0"
Shot Put	49' 6"	58' 8"	54' 4"	40' 0"
Discus	143' 0"	171' 5.5"	153' 9"	117' 0"