

**BOYS 2018-19 INDOOR TRACK STANDARDS**

Boys Events	Lettering	Concorde District	6A Northern Region	Virginia 6A	New Balance National
<b>55m Hurdles</b>	10.74	<b>8.84</b>	<b>8.25</b>	7.86	7.29 (7.54 Emerging)
<b>55m Dash</b>	7.34	<b>6.87</b>	<b>6.74</b>	6.61	6.25 (6.35 Emerging)
<b>300m Dash</b>	40.44	<b>37.87</b>	<b>36.93</b>	36.20	35.09 (35.69 Emerging (200m))
<b>500m Dash</b>	1:18.24	<b>1:10.97</b>	<b>1:09.15</b>	1:08.15	1:04.50 (1:05.30 Emerging(400m))
<b>1000m Run</b>	3:00.24	<b>2:42.00</b>	<b>2:39.40</b>	2:36.79	2:29.60 (2:32.5 Emerging (800m))
<b>1600m Run</b>	5:15.24	<b>4:36.02</b>	<b>4:33.35</b>	4:28.47	4:17.50 (4:22 Emerging)
<b>3200m Run</b>	11:20.24	<b>9:59.77</b>	<b>9:56.53</b>	9:45.22	9:18.0 (9:30 Emerging)
<b>High Jump</b>	5' 4"	<b>5-6.00</b>	<b>5-10.00</b>	6-02.00	6' 7.5" (6' 4.5" Emerging)
<b>Pole Vault</b>	8' 6"	<b>9-6.00</b>	<b>11-06.00</b>	12-09.00	15' 6" (14' 10" Emerging)
<b>Long Jump</b>	16' 0"	<b>19-0.25</b>	<b>20-00.25</b>	21-03.00	22' 9" (22' 2" Emerging)
<b>Triple Jump</b>	36' 0"	<b>38-11.25</b>	<b>41-10.50</b>	43-03.00	46' 0" (45' 0" Emerging)
<b>Shot Put</b>	35' 0"	<b>39-10.25</b>	<b>44-08.75</b>	47-09.00	56' 6" (51' 6" Emerging)
<b>4x200m Relay</b>	25.24 (split)	n/a	<b>1:35.71</b>	1:33.91	1:30.6 (1:31.9 Emerging)
<b>4x400m Relay</b>	56.24 (split)	n/a	<b>3:35.42</b>	3:31.51	3:25.0 (3:28 Emerging)
<b>4x800m Relay</b>	2:15.24 (split)	n/a	<b>8:25.57</b>	8:16.61	8:01.0 (8:07.0 Emerging)

**GIRLS 2018-19 INDOOR TRACK STANDARDS**

Girls Events	Lettering	Concorde Conference 5	6A Northern Region	Virginia 6A	New Balance National
<b>55m Hurdles</b>	11.74	<b>9.95</b>	<b>9.33</b>	8.51	8.04 (8.24 Emerging)
<b>55m Dash</b>	8.64	<b>7.71</b>	<b>7.53</b>	7.28	7.04 (7:14 Emerging)
<b>300m Dash</b>	50.24	<b>44.13</b>	<b>42.81</b>	41.5	39.99 (40.44 Emerging (200m))
<b>500m Dash</b>	1:30.24	<b>1:23.71</b>	<b>1:20.51</b>	1:18.45	1:15.0 (1.16.8 Emerging (400m))
<b>1000m Run</b>	3:30.24	<b>3:11.22</b>	<b>3:07.14</b>	3:05.91	2:54.5 (2:57.6 Emerging (800m))
<b>1600m Run</b>	6:15.24	<b>5:24.93</b>	<b>5:18.21</b>	5:17.00	4:59.0 (5:04.8 Emerging)
<b>3200m Run</b>	13:00.24	<b>11:48.54</b>	<b>11:33.74</b>	11:22.47	10:48.0 (11:06 Emerging)
<b>High Jump</b>	4' 3"	<b>4' 5"</b>	<b>4-10.00</b>	5-00.00	5' 6.5"(5' 4.5" Emerging)
<b>Pole Vault</b>	6' 6"	<b>7' 0"</b>	<b>8-03.00</b>	9-03.00	12' 6"(11' 7" Emerging)
<b>Long Jump</b>	13' 0"	<b>14' 9"</b>	<b>16-04.00</b>	17-05.00	18' 8"(18' 0" Emerging)
<b>Triple Jump</b>	27' 0"	<b>30' 7.5"</b>	<b>33-07.75</b>	36-08.00	38' 6"(37' 1" Emerging)
<b>Shot Put</b>	25' 0"	<b>27' 10.25"</b>	<b>33-09.50</b>	36-06.00	42' 2"(38' 4" Emerging)
<b>4x200m Relay</b>	30.24 (split)	n/a	<b>1:50.00</b>	1:46.75	1:44.0 (1:45.2 Emerging)
<b>4x400m Relay</b>	68.24 (split)	n/a	<b>4:13.45</b>	4:06.98	4:00.6(4:04.0 Emerging)
<b>4x800m Relay</b>	2:45.24 (split)	n/a	<b>9:58.19</b>	9:39.30	9:32.0(9:38 Emerging)

**2018-19 Other National Standards**

4x 1 Mile	SMR	DMR	Shuttle Hurdles	5000m Run	Freshman Mile/ 400m
(Boys)17:50.0	3:37.0 (3:39EE)	10:27.0	32.04	15:12/9:24.9 (3200m)	4:40.0/1:11 (500m)
(Girls) 21:25.0	4:15.0 (4:19.0EE)	12:20.0	35.44	18:12/11:18 (3200m)	5:19.0/ 1:20.8(500m)