

Girls Standards	Conference 13	5A North Regional	5A State
Long Jump	13-10.75	15-8	17-1.5
Triple Jump	29-8.5	33-6	35-8.5
High Jump	4-3	4-9	5-1
Shot Put	25-7.25	30-3	34-2.5
Pole Vault	6-8	7-6	9-3
55m Hurdles	10.54	9.42	8.94
55m Dash	7.98	7.60	7.39
300m Dash	48.87	43.71	42.30
500m Run	1:28.58	1:24.54	1:20.32
1000m Run	3:21.96	3:15.38	3:08.13
1600m Run	5:41.78	5:29.73	5:21.64
3200m Run	12:41.00	12:08.57	11:38.69
4x200m Relay	All Teams get 1	1:54.27	1:49.04
4x400m Relay	All Teams get 1	4:29.29	4:14.00
4x800m Relay	All Teams get 1	11:08.54	10:09.37

Boys Standards	Conference 13	5A North Regional	5A State
Long Jump	18-5.5	20-2.5	21-4
Triple Jump	37-11	41-6.75	43-7.5
High Jump	5-3	5-7	6-1
Shot Put	37-2	41-8.75	47-5
Pole Vault	9-0	9-3	12-0
55m Hurdles	9.26	8.27	7.89
55m Dash	7.02	6.73	6.56
300m Dash	38.85	37.12	36.14
500m Run	1:13.15	1:09.85	1:07.88
1000m Run	2:48.90	2:43.31	2:37.75
1600m Run	4:46.15	4:35.16	4:29.90
3200m Run	10:22.45	10:03.78	9:43.28
4x200m Relay	All Teams get 1	1:37.06	1:34.11
4x400m Relay	All Teams get 1	3:42.51	3:33.13
4x800m Relay	All Teams get 1	8:56.18	8:20.41