

2014-2015 Conference 13

Outdoor Track Standard

Girls	District Standards		Reg. Standards		State Standards	
	Hand	F.A.T.	Hand	F.A.T.	Hand	F.A.T.
Events						
Long Jump	14-5.25		16-3		17-01.5	
Triple Jump	30-8.25		33-11.5		36-00	
High Jump	4-3		4-11		5-1	
Shot Put	26-11.5		32-7		34-11.25	
Discus	74-0		95-10		104-6.5	
Pole Vault	6-2		7-9		9-5	
100m Hurdles		18.51		16.37		15.75
100m Dash		13.81		12.92		12.73
200m		28.28		26.45		25.97
300m Hurdles		53.77		49.35		47.82
400m		1:04.97		1:01.51		59.17
800m		2:34.79		2:26.52		2:23.08
1600m		5:41.94		5:28.91		5:19.47
3200m		12:29.94		12:02.65		11:45.28
400m Relay				51.97		50.73
1600m Relay				4:19.79		4:10.50
3200m Relay				10:27.27		10:05.40

Boys	District Standards		Reg. Standards		State Standards	
	Hand	F.A.T.	Hand	F.A.T.	Hand	F.A.T.
Events						
Long Jump	18-8.75		20-7		21-5.5	
Triple Jump	38-8		42-2		43-8.75	
High Jump	5-3		5-10		6-0	
Shot Put	37-11.75		44-6		45-8.25	
Discus	108-4		130.6		142-5.5	
Pole Vault	8-6		9-9		12-5	
110m Hurdles		18.38		15.63		15.27
100m Dash		11.91		11.42		11.27
200m		24.20		23.12		22.68
300m Hurdles		46.15		41.79		40.64
400m		54.32		52.14		50.94
800m		2:08.37		2:02.04		1:59.08
1600m		4:53.59		4:33.21		4:27.85
3200m		10:28.02		9:59.52		9:58.25
400m Relay				45.33		44.43
1600m Relay				3:36.06		3:30.52
3200m Relay				8:31.65		8:16.52

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