

## 2016-2017 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	14-5.5		16-5		17-1.25	
Triple Jump	31-.75		34-0		35-11	
High Jump	4-4		4-11		5-0	
Shot Put	27-1.25		32-4		34-9	
Discus	75-2		95-5		103-11	
Pole Vault	6-6		7-9		9-0	
100m Hurdles		18.66		16.42		15.67
100m Dash		13.82		12.86		12.68
200m		28.16		26.24		25.85
300m Hurdles		53.78		49.10		47.45
400m		1:04.86		1:00.88		58.67
800m		2:35.58		2:25.89		2:22.16
1600m		5:42.65		5:30.23		5:19.99
3200m		12:28.44		12:07.04		11:43.44
400m Relay				51.67		50.34
1600m Relay				4:18.61		4:08.05
3200m Relay				10:21.49		10:00.48

Boys	District Standards		Reg. Standards		State Standards	
	Hand	F.A.T.	Hand	F.A.T.	Hand	F.A.T.
Events						
Long Jump	18-9.5		20-7		21-3.25	
Triple Jump	38-7.75		42-2		43-5.5	
High Jump	5-4		5-10		6-0	
Shot Put	38-0.25		44-6		46-3	
Discus	107-7		129-7		140-0	
Pole Vault	8-9		9-10		12-3	
110m Hurdles		18.28		15.71		15.36
100m Dash		11.95		11.41		11.24
200m		24.112		23.11		22.61
300m Hurdles		45.55		41.88		40.71
400m		53.93		51.70		50.69
800m		2:07.82		2:01.81		1:58.47
1600m		4:49.31		4:33.10		4:26.94
3200m		10:21.74		9:58.98		9:53.63
400m Relay				45.02		44.07
1600m Relay				3:34.47		3:28.99
3200m Relay				8:28.29		8:12.85

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