

Please use the Sub District Standards as a general guide.

BOYS

11:40.00 3200 Meter Run  
19.0 110 Meter High Hurdles  
12.5 100 Meter Dash  
5:20.00 1600 Meter Run  
400 Meter Relay  
60.0 400 Meter Dash  
51.5 300 Meter Inter. Hurdles  
2:20 800 Meter Run  
25.0 200 Meter Dash  
12:10.0 3200 Meter Run  
1600 Meter Relay  
17'0" Long Jump  
35'0" Triple Jump  
120"0" Javelin  
35" 0" Shot Put  
95'0" Discus  
5'2" High Jump

GIRLS

14:30.00 3200 Meter Run  
18.5 100 Meter High Hurdles  
14.5 100 Meter Dash  
6:25.0 1600 Meter Run  
400 Meter Relay  
70.0 400 Meter Dash  
57.5 300 Meter Low Hurdles  
2:50.0 800 Meter Run  
31.0 200 Meter Dash  
800 Meter Relay  
1600 Meter Relay  
13'0" Long Jump  
29'0" Triple Jump  
80'0" Javelin  
25'0" Shot Put  
65'0" Discus  
4'2" High Jump

2019-April