



2010-2011 **Girls** Track and Field – Three Participant Standards  
QUALIFYING STANDARDS FROM SECTIONAL TO REGIONAL & REGIONAL TO STATE  
(Mark must be achieved in the finals of the event)

EVENT	2007-08	2008-09	2009-2010	2010-2011
	<u>State – 9<sup>th</sup> Place</u>	<u>State – 9<sup>th</sup> Place</u>	<u>State – 9<sup>th</sup> Place</u>	<u>Three Participant Standard</u>
3200 M Relay	9:35.85	9:31.51	<b>9:27.74</b>	<b>9:31.70</b>
*100 M High Hurdles	15.29	15.14	15.03	15.15
*100 M Dash	12.52	12.58	12.35	12.48
1600 M Run	5:11.49	5:09.50	5:07.48	5:09.49
400 M Relay	49.10	48.69	48.64	48.81
400 M Dash	57.59	57.06	<b>58.50</b>	<b>57.72</b>
300 M Low Hurdles	46.48	46.15	45.51	46.05
800 M Run	2:17.72	2:18.03	2:17.70	2:17.82
*200 M Dash	26.24	25.93	25.36	25.84
3200 M Run	11:16.05	11:22.32	11:21.47	11:19.95
1600 M Relay	3:59.29	4:00.46	3:57.50	3:59.08
Discus	129' 6"	122' 3"	130' 10"	127' 6"
Shot Put	41' 8 <sup>3</sup> / <sub>4</sub> "	40' 6 <sup>3</sup> / <sub>4</sub> "	40' 4 <sup>1</sup> / <sub>2</sub> "	40' 10 <sup>1</sup> / <sub>2</sub> "
Long Jump	17' 0 <sup>1</sup> / <sub>4</sub> "	<b>17' 4"</b>	17' 4"	<b>17' 2 <sup>3</sup>/<sub>4</sub>"</b>
High Jump	5' 5"	5' 5"	5' 4"	5' 4 <sup>1</sup> / <sub>4</sub> "
Pole Vault	11' 0"	11' 0"	11' 0"	11' 0"

2010-2011 **Boys** Track and Field – Three Participant Standards  
QUALIFYING STANDARDS FROM SECTIONAL TO REGIONAL & REGIONAL TO STATE  
(Mark must be achieved in the finals of the event)

EVENT	2007-08	2008-09	2009-2010	2010-2011
	<u>State – 9<sup>th</sup> Place</u>	<u>State – 9<sup>th</sup> Place</u>	<u>State – 9<sup>th</sup> Place</u>	<u>Three Participant Standard</u>
3200 M Relay	8:01.88	7:56.18	7:55.67	7:57.91
*110 M High Hurdles	14.69	14.71	14.75	14.72
*100 M Dash	10.95	10.84	11.12	10.97
1600 M Run	4:24.76	4:23.05	4:15.17	4:20.99
400 M Relay	42.67	42.50	42.69	42.62
400 M Dash	49.30	49.01	49.15	49.15
300 M Int. Hurdles	39.59	38.98	39.22	39.26
800 M Run	1:56.89	1:54.66	1:54.79	1:55.45
*200 M Dash	21.97	22.18	22.23	22.13
3200 M Run	9:25.58	9:21.20	9:18.48	9:21.75
1600 M Relay	3:20.62	3:20.27	3:21.10	3:20.66
Discus	157' 4"	159' 5"	165' 9"	160' 9"
Shot Put	54' 5 <sup>3</sup> / <sub>4</sub> "	54' 11"	54' 1 <sup>1</sup> / <sub>2</sub> "	54' 5 <sup>3</sup> / <sub>4</sub> "
Long Jump	21' 10 <sup>3</sup> / <sub>4</sub> "	21' 8 <sup>1</sup> / <sub>2</sub> "	21' 10"	21' 9 <sup>3</sup> / <sub>4</sub> "
High Jump	6' 4"	6' 7"	6' 4"	6' 5"
Pole Vault	14' 6"	15' 0"	14' 6"	14' 8"

\* Slowest qualifying time to advance to the finals from the preliminaries at the state meet.