

2023 Varsity & First Standards

BOY'S

GIRL'S

EVENTS	First Standard	Varsity Standard	Minimum State Meet Qual 2022	School Record	EVENTS	First Standard	Varsity Standard	Minimum State Meet Qual 2022	School Record
100	12.0	11.45	10.96	10.72	100	14.5	13.34	12.40	*11.65/12.04
200	24.75	23.31	22.24	*21.30/21.74	200	29.5	27.7	25.51	*24.61/25.04
400	55	53.24	50.00	*47.86/48.14	400	1:10	1:04	58.12	57.84
800	2:25	2:10	1:58.34	1:59.5	800	2:50	2:32	2:14.8	2:15.65
1600	5:10	4:45	4:24.42	4:21.38	1600	6:30	5:37	5:00	5:09.34
3200	11:30	10:36	9:43.65	9:36.98	3200	14:30	12:45	10:59.0	11:37.55
110H	20.0	18.39	15.69	13.63	100H	20.75	18.75	15.40	14.57
300H	45.5	41.13	45.23	36.82	300H	58	53.45	45.77	45.01
High Jump	5'0"	5'5"	6'0"	7'2"	High Jump	4'0"	4'10"	5'3"	5'5"
Long Jump	17'6"	19'3"	21'7.75"	23'8.5"	Long Jump	14'0"	15'0"	17'5"	18'1.25"
Triple Jump	35'	37'5"	42'6"	50'8.5"	Triple Jump	27'	29'8"	36'10.75"	36'8"
Shot	35'	37'10"	47'2.25"	57'11"	Shot	22'	26'8"	35'11.75"	42'5.5"
Discus	100'	115'5"	138'3"	163'5.5"	Discus	65'	79'	122'6"	132'0"
Pole Vault	8'	10'	12'2"	14'5.25"	Pole Vault	5'6"	6'9"	10'6"	8'9"
4x1			43.29	43.99	4x1			49.58	49:15
4x2			1:30.30	1:30.47	4x2			1:44.93	1:46.57
4x4			3:27.53	3:29.46	4x4			4:02.71	4:06
4x8			8:25.57	8:18.70	4x8			9:49.6	9:49.23
					SM			1:50.59	

*Hand Timed

First Standard = where you should be to start going to Varsity Meets

Varsity Standard = where you should be to compete at the League Meet (Previous year's top 100 in 5A)

Minimum State = what it took to get into state last year (for current year's minimum requirement—check Max Preps)