

*Staples Girls Track
and
Field
2009 Standards*

EVENT	FCIAC STANDARD	STATE STANDARD	NATIONALS
SHOT PUT	26-0	28-0	36'6
LONG JUMP	13-9	14'0	17'6
HIGH JUMP	4FT-6IN	4'8	5'1
POLE VAULT	7'0	7'6	10'0
50 HURDLES	9.6		
55 HURDLES	10.5	10 / 10.24	
60 HURDLES			9.44
50 DASH	7.3		
55 DASH	7.9	7.7 / 8.04	
60 DASH			7.84
200			25.74
300	47.5	47.00/47.24	
400			58.84
600	1:55	1:49/1:49.24	
800			02:18.5
1000	3:30	3:25/3:25.24	
1600	6:00	5:50/5:50.24	
3200	13:00.0	12:40/12:40.24	11:30
4 X 200		2:00	01:46.5
4 X 400		4:38	4:04
4 X 800		11:00	9:46
SMR		4:50	4:20
DMR			12:45
4 X 1 MILE			23:00
PENTATHLON			3000 pts