

*Staples Girls Track
and
Field
2009 Standards*

EVENT	FCIAC STANDARD	STATE STANDARD	NATIONALS
100M H	18.8	17.5	
300M INT H	54	51.5	44.2/63.3 (400m H)
100M	13.6	13.3	11.6/11.93
200M	28.8	28	24.3/24.63
400M	67	63.8	56.1/56.33
800M	2:37	2:32	02:12.5
1600M	6:05	5:40	(1mi.) 4:35/4:55
3200M	13:10	12:30	(3000) 10:08/10:48
4 X 100	One Team	54.5	48.5/48.73
4 X 400	One Team	4:25	3:57
4 X 800	One Team	11:00	9:24
LONG JUMP	14'3"	15'0"	18'6.5"
TRIPLE JUMP	29'0"	32'	38
HIGH JUMP	4'6"	4'8"	5'6"
SHOT (4KG)	27'	30'	42'3.25"
DISCUS	75'	85'	136'
JAVELIN	85'	90'	118'1"
POLE VAULT	7'0"	8'6"	12'0.75"