



2016-2017 Girls Track and Field – Three Participant Standards
QUALIFYING STANDARDS FROM SECTIONAL TO REGIONAL & REGIONAL TO STATE
(Mark must be achieved in the finals of running events)

EVENT	2013-2014 <u>State – 9th Place</u>	2014-15 <u>State – 9th Place</u>	2015-2016 <u>State – 9th Place</u>	2016-2017 <u>Three Participant Standard</u>
3200 M Relay	9:28.07	9:27.34	9:26.92	9:27.44
*100 M High Hurdles	14.90	14.93	15.18	15.00
*100 M Dash	12.49	12.29	12.24	12.34
1600 M Run	5:00.30	4:59.90	4:59.06	4:59.75
400 M Relay	48.67	47.82	48.74	48.41
400 M Dash	57.64	57.39	57.33	57.45
300 M Low Hurdles	45.14	45.24	45.69	45.36
800 M Run	2:16.71	2:15.69	2:17.58	2:16.66
*200 M Dash	25.56	25.08	25.22	25.29
3200 M Run	10:55.55	11:02.26	10:47.35	10:55.05
1600 M Relay	4:00.75	3:59.06	3:56.99	3:58.93
Discus	137' 5"	121' 7"	122' 8"	127' 3"
Shot Put	40' 0.75"	39' 8.5"	40' 0"	39' 11"
Long Jump	17' 10.75"	17' 10.75"	17' 10.5"	17' 10.75"
High Jump	5' 4"	5' 4"	5' 5"	5' 4.25"
Pole Vault	11' 6"	11' 3"	11' 3"	11' 4"

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EVENT	2013-14 <u>State – 9th Place</u>	2014-15 <u>State – 9th Place</u>	2015-2016 <u>State – 9th Place</u>	2016-2017 <u>Three Participant Standard</u>
3200 M Relay	7:56.10	7:56.20	7:56.81	7:56.37
*110 M High Hurdles	14.90	14.82	14.71	14.81
*100 M Dash	11.07	11.10	10.98	11.05
1600 M Run	4:18.30	4:16.63	4:18.31	4:17.75
400 M Relay	42.77	42.33	42.66	42.59
400 M Dash	49.51	49.29	49.68	49.49
300 M Int. Hurdle	38.68	39.20	38.96	38.95
800 M Run	1:55.35	1:55.11	1:57.18	1:55.88
*200 M Dash	22.49	22.08	22.10	22.22
3200 M Run	9:16.90	9:15.68	9:20.75	9:17.78
1600 M Relay	3:21.01	3:20.76	3:20.86	3:20.88
Discus	157' 6"	157' 10"	159' 0"	158' 1"
Shot Put	55' 7.75"	54' 3.5"	51' 10.5"	53' 11.25"
Long Jump	22' 6.75"	22' 6.5"	22' 1"	22' 4.75"
High Jump	6' 4"	6' 4"	6' 4"	6' 4"
Pole Vault	14' 6"	14' 6"	14' 6"	14' 6"

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