



**2004-2005 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)*

<b>EVENT</b>	<b>2001-02</b> <u>State – 9<sup>th</sup> Place</u>	<b>2002-03</b> <u>State – 9<sup>th</sup> Place</u>	<b>2003-04</b> <u>State – 9<sup>th</sup> Place</u>	<b>2004-05</b> <u>Three Participant Standard</u>
3200 M Relay	9:39.23	9:31.52	9:28.11	9:32.95
*100 M High Hurdles	15.23	15.10	15.12	15.15
*100 M Dash	12.39	12.29	12.55	12.41
1600 M Run	5:08.53	5:10.01	5:01.33	5:06.62
400 M Relay	48.93	48.87	48.58	48.79
400 M Dash	58.29	57.54	57.33	57.72
300 M Low Hurdles	45.53	45.50	44.66	45.23
800 M Run	2:18.58	2:16.80	2:15.96	2:17.11
*200 M Dash	25.51	25.61	25.50	25.54
3200 M Run	11:16.83	11:06.71	10:55.51	11:06.35
1600 M Relay	4:01.14	3:57.36	3:56.67	3:58.39
Discus	124' 7"	121' 6"	123' 9"	123' 3"
Shot Put	40' 9 ¼"	40' 1 ¼"	39' 11 ¼"	40' 3 ¼"
Long Jump	18' 1"	18' ½"	17' 5 ¾"	17' 10 ¼"
High Jump	5' 4"	5' 5"	5' 4"	5' 4 ¼"
Pole Vault	-	9' 0"	10' 6"	No Standard

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3200 M Relay	8:06.29	7:56.42	7:54.77	7:59.16
*110 M High Hurdles	14.59	15.19	14.60	14.79
*100 M Dash	10.94	11.15	11.06	11.05
1600 M Run	4:24.70	4:20.89	4:18.65	4:21.41
400 M Relay	42.94	43.06	42.72	42.90
400 M Dash	50.09	49.84	49.45	49.79
300 M Int. Hurdles	39.04	39.38	38.91	39.11
800 M Run	1:57.66	1:57.09	1:56.31	1:57.02
*200 M Dash	22.13	22.46	22.16	22.25
3200 M Run	9:37.49	9:27.46	9:20.79	9:28.58
1600 M Relay	3:22.83	3:22.10	3:20.48	3:21.80
Pole Vault	13' 6"	14' 0"	14' 0"	13' 10"
Discus	162' 3"	159' 5"	165' 10"	162' 6"
Shot Put	53' 5 ¾"	54' 5 ¼"	54' 11 ¾"	54' 3 ½"
Long Jump	22' 4 ½"	21' 7 ½"	22' 3 ¼"	22' 1"
High Jump	6' 4"	6' 4"	6' 6"	6' 4 ½"

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

*Marks in italics are revised from original publication.*