



2005-2006 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)

EVENT	2002-03	2003-04	2004-05	2005-2006
	<u>State – 9th Place</u>	<u>State – 9th Place</u>	<u>State – 9th Place</u>	<u>Three Participant Standard</u>
3200 M Relay	9:31.52	9:28.11	9:31.60	9:30.41
*100 M High Hurdles	15.10	15.12	14.96	15.06
*100 M Dash	12.29	12.55	12.59	12.47
1600 M Run	5:10.01	5:01.33	5:08.41	5:06.58
400 M Relay	48.87	48.58	48.73	48.72
400 M Dash	57.54	57.33	58.16	57.67
300 M Low Hurdles	45.50	44.66	45.39	45.18
800 M Run	2:16.80	2:15.96	2:17.50	2:16.75
*200 M Dash	25.61	25.50	25.83	25.64
3200 M Run	11:06.71	10:55.51	11:16.88	11:06.36
1600 M Relay	3:57.36	3:56.67	3:59.71	3:57.91
Discus	121' 6"	123' 9"	127' 4"	124' 2"
Shot Put	40' 1 ¼"	39' 11 ¼"	41' 4 ¾"	40' 5 ¾"
Long Jump	18' ½"	17' 5 ¾"	17' 7 ½"	17' 8 ½"
High Jump	5' 5"	5' 4"	5' 5"	5' 4 ½"
Pole Vault	9' 0"	10' 6"	11' 0"	10' 2"

2005-2006 Boys 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)

EVENT	2002-03	2003-04	2004-05	2005-2006
	<u>State – 9th Place</u>	<u>State – 9th Place</u>	<u>State – 9th Place</u>	<u>Three Participant Standard</u>
3200 M Relay	7:56.42	7:54.77	7:57.54	7:56.24
*110 M High Hurdles	15.19	14.60	14.64	14.81
*100 M Dash	11.15	11.06	11.00	11.07
1600 M Run	4:20.89	4:18.65	4:18.61	4:19.38
400 M Relay	43.06	42.72	42.66	42.81
400 M Dash	49.84	49.45	49.13	49.57
300 M Int. Hurdles	39.38	38.91	38.22	38.83
800 M Run	1:57.09	1:56.31	1:56.01	1:56.47
*200 M Dash	22.46	22.16	22.26	22.29
3200 M Run	9:27.46	9:20.79	9:24.21	9:24.15
1600 M Relay	3:22.10	3:20.48	3:22.75	3:21.77
Discus	159' 5"	165' 10"	160' 4"	161' 4"
Shot Put	54' 5 ¼"	54' 11 ¾"	55' 2 ½"	54' 10 ½"
Long Jump	21' 7 ½"	22' 3 ¼"	21' 8 ¼"	21' 10 ¼"
High Jump	6' 4"	6' 6"	6' 6"	6' 5 ¼"
Pole Vault	14' 0"	14' 0"	15' 0"	14' 4"

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