



**2006-2007 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>2003-04</b> <u>State – 9<sup>th</sup> Place</u>	<b>2004-05</b> <u>State – 9<sup>th</sup> Place</u>	<b>2005-06</b> <u>State – 9<sup>th</sup> Place</u>	<b>2006-2007</b> <u>Three Participant Standard</u>
3200 M Relay	9:28.11	9:31.60	9:26.74	9:28.81
*100 M High Hurdles	15.12	14.96	15.09	15.05
*100 M Dash	12.55	12.59	12.29	12.47
1600 M Run	5:01.33	5:08.41	5:05.21	5:04.98
400 M Relay	48.58	48.73	48.84	48.71
400 M Dash	57.33	58.16	58.37	57.95
300 M Low Hurdles	44.66	45.39	45.14	45.06
800 M Run	2:15.96	2:17.50	2:15.92	2:16.46
*200 M Dash	25.50	25.83	25.42	25.58
3200 M Run	10:55.51	11:16.88	11:03.60	11:05.33
1600 M Relay	3:56.67	3:59.71	3:59.68	3:58.68
Discus	123' 9"	127' 4"	125' 8"	125' 7"
Shot Put	39' 11 ¼"	41' 4 ¾"	39' 11 ½"	40' 5"
Long Jump	17' 5 ¾"	17' 7 ½"	17' 0 ½"	17' 4 ½"
High Jump	5' 4"	5' 5"	5' 4"	5' 4 ¼"
Pole Vault	10' 6"	11' 0"	11' 0"	10' 10"

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3200 M Relay	7:54.77	7:57.54	7:56.15	7:56.15
*110 M High Hurdles	14.60	14.64	14.60	14.61
*100 M Dash	11.06	11.00	10.88	10.98
1600 M Run	4:18.65	4:18.61	4:20.16	4:19.14
400 M Relay	42.72	42.66	42.71	42.69
400 M Dash	49.45	49.13	48.78	49.12
300 M Int. Hurdles	38.91	38.22	38.67	38.60
800 M Run	1:56.31	1:56.01	1:56.20	1:56.17
*200 M Dash	22.16	22.26	22.18	22.20
3200 M Run	9:20.79	9:24.21	9:23.08	9:22.69
1600 M Relay	3:20.48	3:22.75	3:19.59	3:20.44
Discus	165' 10"	160' 4"	162' 3"	162' 9"
Shot Put	54' 11 ¾"	55' 2 ½"	55' 3 ¼"	55' 0 ¾"
Long Jump	22' 3 ¼"	21' 8 ¼"	21' 9 ½"	21' 11"
High Jump	6' 6"	6' 6"	6' 6"	6' 6"
Pole Vault	14' 0"	15' 0"	14' 6"	14' 6"

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