

Competitive Performance List
Regular Schedule of Events
Boys Competitive Performances

EVENT	VARSITY	B	F/S "C"
3200 m Relay (4x800)	8:24	9:00	9:25
110 H. Hurdles	15.7	16.5	18.5
100 m Dash	11.5	11.8	12.0
800 m Relay (4x200)	1:34	1:38	1:42
1600 m Run	4:52	5:08	5:20
400 m Relay (4 x 100)	44.5	46.8	48.6
400 m Dash	52.5	54.5	57.5
300 m Hurdles	42.0	45.2	48.0
800 m Run	2:04	2:12	2:18
200 m Dash	23.4	24.6	25.4
3200 m Run	10:35	11:00	12:00
1600 m Relay (4 x 400)	3:30	3:36	3:50
High Jump	6'	5'8"	5'6"
Long Jump	20'4"	18'8"	17'6"
Triple Jump	42'	38'6"	35'9"
Pole Vault	12'6"	11'	9'6"
Shot Put	47'	42'6"	36'
Discus	130'	120'	100'

* These distances/times are only estimates of competitive performances during most meets. Begin with the F/S list and move to the left as you reach your goals. Check the State Qualifying list to see what it takes to place at the State Meet. Note that field events will usually begin at the same time as the first track event. Learn the order of events!! Begin to warm up at least 2 events prior to your event. Relay meets will have a different order, so always learn the order for the meet.

Girls Competitive Performances

EVENT	VARSITY	B	F/S "C"
800 m Medley (1-1-2-4)	1:57	2:01	2:04
3200 m Relay (4x800)	10:20	11:00	11:25
100 m Hurdles	16.5	17.5	19.5
100 m Dash	13.1	13.4	13.7
800 m Relay (4x200)	1:51.0	1:54.0	1:58.0
1600 m Run	5:45	6:05	6:20
400 m Relay (4 x 100)	53.0	54.5	55.9
400 m Dash	64.0	65.5	67.0
300 m Hurdles	49.9	53.0	56.2
800 m Run	2:27	2:35	2:42.0
200 m Dash	27.8	28.8	29.8
3200 m Run	12:30	13:00	14:00
1600 m Relay (4 x 400)	4:16	4:22	4:36
High Jump	5'0"	4'10"	4'8"
Long Jump	15'6"	14'9"	13'9"
Triple Jump	32'	30'	28'
Pole Vault	8'	7'6"	7'
Shot Put	34'	31'	28'
Discus	105'	95'	80'

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