

BOYS 2018 OUTDOOR TRACK STANDARDS

Boys Events	Lettering	Concorde District	6A Northern Region	Virginia 6A	New Balance National
110 Meter Hurdles	20.24	17.29	15.95	15.12	14.35 (14.60 Emerging)
100 Meter Dash	12.44	11.72	11.38	11.26	10.70 (10.80 Emerging)
200 Meter Dash	25.24	23.72	22.96	22.44	21.55 (21.80 Emerging)
300 Meter Hurdles	46.24	43.8	41.53	39.86	38.15 (38.95 Emerging)
400 Meter Dash	56.24	52.63	51.34	49.95	48.00 (48.85 Emerging)
800 Meter Run	2:15.24	2:03.82	2:00.10	1:56.77	1:52.80 (1:55.50 Emerging)
1600 Meter Run	5:15.24	4:34.84	4:34.56	4:22.12	4:13.50 (4:20.0 Emerging)
3200 Meter Run	11:20.24	10:05.55	9:50.56	9:38.69	9:14.0 (9:26.0 Emerging)
High Jump	5' 4"	5' 6"	5'10"	6'02"	6' 6.75" (6' 4.5" Emerging)
Pole Vault	9' 0"	10' 6"	12'0"	12' 9"	15' 7" (14' 8" Emerging)
Long Jump	16' 6"	19' 4.5"	20' 6.75"	21' 11"	23' 2" (22' 3.5" Emerging)
Triple Jump	36' 6"	39' 4.75"	42' 0"	44'02.75"	46' 4" (45' 0" Emerging)
Shot Put	36' 0"	41' 8.75"	45' 5.75"	49' 0.75"	57' 0" (52' 8" Emerging)
Discus	100' 0"	115' 11"	130' 3"	141' 7"	174' 0" (159' 0" Emerging)
4x100m Relay	12.44 (split)	n/a	44.62	43.32	42.65 (43.25 Emerging)
4x400m Relay	56.24 (split)	n/a	3:30.80	3:24.08	3:20.5 (3:23.0 Emerging)
4x800m Relay	2:15.24 (split)	n/a	8:19.82	8:07.22	7:55.0 (8:00.0 Emerging)

GIRLS 2018 OUTDOOR TRACK STANDARDS

Girls Events	Lettering	Concorde District	6A Northern Region	Virginia 6A	New Balance National
110 Meter Hurdles	20.24	18.33	16.40	15.20	14.35 (14.65 Emerging)
100 Meter Dash	14.54	13.50	12.79	12.44	11.80 (12.00 Emerging)
200 Meter Dash	30.24	27.63	26.24	25.55	24.30 (24.65 Emerging)
300 Meter Hurdles	56.24	52.08	48.5	45.75	43.50 (45.00 Emerging)
400 Meter Dash	68.24	62.79	60.06	58.33	55.75 (56.65 Emerging)
800 Meter Run	2:45.24	2:27.16	2:20.27	2:16.64	2:11.90 (2:14.70 Emerging)
1600 Meter Run	6:15.24	5:24.20	5:15.69	5:07.21	4:55.0 (5:01.0 Emerging)
3200 Meter Run	13:00.24	11:52.75	11:32.62	11:13.14	10:42.0 (11:01.0 Emerging)
High Jump	4' 3"	4' 6"	4'10"	5' 2"	5' 6" (5' 4" Emerging)
Pole Vault	6' 6"	7' 6"	8'09"	9' 9"	12' 6" (11' 9" Emerging)
Long Jump	13' 0"	14' 9.25"	16' 2.25"	17' 5.5"	19' 0" (18' 6" Emerging)
Triple Jump	27' 0"	31' 4.75"	34' 6.75"	37' 5.75"	39' 2" (38' 0" Emerging)
Shot Put	25' 0"	29' 0.75"	34' 1"	36' 6.25"	43' 3" (40' 3" Emerging)
Discus	60' 0"	82' 9"	96' 7"	110' 0"	138' 0" (126' 0" Emerging)
4x100m Relay	14.54	n/a	51.07	49.09	48.40 (48.60 Emerging)
4x400m Relay	68.24 (split)	n/a	4:09.94	3:59.55	3:58.0 (4:02.0 Emerging)
4x800m Relay	2:45.24 (split)	n/a	9:53.77	9:33.83	9:20.0 (9:34.0 Emerging)

2017 Other National Standards

4x 1 Mile	SMR	DMR	Shuttle Hurdles	5000m Run	Freshman Mile/ 400m
(Boys)17:40.0	3:35.0 (3:38EE)	10:17 10:32 (EE)	1:03.0	14:50/9:20 (3200m)	4:33.0/51.90
(Girls) 21:00.0	4:12.0 (4:17.0EE)	12:10 12:32 (EE)	1:04.5	18:10/11:00 (3200m)	5:16.0/ 58.95