

2014-15 INDOOR TRACK STANDARDS

	6A Girls	6A Girls	6A Girls	6A Boys	6A Boys	6A Boys
Event	2014 State Standard	2014 State 8th Place	2015 State Standard	2014 State Standard	2014 State 8th Place	2015 State Standard
55M DASH	7.28	7.35	7.29	6.53	6.64	6.55
300M DASH	40.93	41.29	40.99	35.77	38.16	36.17
500M RUN	1:17.37	1:17.45	1:17.38	1:06.70	1:08.76	1:07.04
1000M RUN	3:01.54	3:06.51	3:02.37	2:34.98	2:34.83	2:34.96
1600M RUN	5:08.95	5:16.66	5:10.24	4:24.94	4:29.86	4:25.76
3200M RUN	11:13.13	11:06.62	11:12.05	9:39.10	9:40.21	9:39.29
55M HURDLES	8.57	8.67	8.59	7.88	8.18	7.93
800M RELAY	1:47.16	1:47.92	1:47.29	1:32.55	1:34.30	1:32.84
1600M RELAY	4:05.15	4:04.19	4:04.99	3:30.21	3:30.54	3:30.27
3200M RELAY	9:40.93	9:38.62	9:40.55	8:11.12	8:14.54	8:11.69
POLE VAULT	9'3"	9'3"	9'3"	12'9"	11'9"	12'6"
HIGH JUMP	5'2"	5'2"	5'2"	6'2"	6'4"	6'2"
LONG JUMP	17'8.75"	17'3.75"	17'6.50"	21'10.75"	20'7.25"	21'8"
TRIPLE JUMP	36'0.75"	36'3"	36'1"	44'4.75"	41'6.75"	43'11.75"
SHOT PUT	35'11.75"	35'4.75"	35'10.5"	48'9.75"	49'3.25"	48'10.5"
	5A Girls	5A Girls	5A Girls	5A Boys	5A Boys	5A Boys
Event	2014 State Standard	2014 State 8th Place	2015 State Standard	2014 State Standard	2014 State 8th Place	2015 State Standard
55M DASH	7.39	7.4	7.39	6.54	6.68	6.56
300M DASH	41.90	44.30	42.30	36.00	36.85	36.14
500M RUN	1:19.68	1:23.49	1:20.32	1:07.71	1:08.70	1:07.88
1000M RUN	3:07.21	3:12.71	3:08.13	2:37.20	2:40.50	2:37.75
1600M RUN	5:17.86	5:40.52	5:21.64	4:26.95	4:44.66	4:29.90
3200M RUN	11:39.44	11:34.94	11:38.69	9:40.25	9:58.40	9:43.28
55M HURDLES	8.84	9.42	8.94	7.86	8.04	7.89
800M RELAY	1:49.27	1:47.86	1:49.04	1:33.80	1:35.63	1:34.11
1600M RELAY	4:14.83	4:09.85	4:14.00	3:33.10	3:33.26	3:33.13
3200M RELAY	10:10.09	10:05.78	10:09.37	8:20.80	8:18.45	8:20.41
POLE VAULT	9'3"	9'3"	9'3"	12'3"	11'0"	12'0"
HIGH JUMP	5'1"	5'0"	5'1"	6'2"	5'10"	6'1"
LONG JUMP	17'4.25"	16'3"	17'1.5"	21'7.5"	19'10.5"	21'4"
TRIPLE JUMP	35'10.5"	34'10.5"	35'8.5"	44'0.5"	41'6.5"	43'7.5"
SHOT PUT	34'2.25"	34'6.5"	34'2.5"	48'0.75"	44'2.5"	47'5"

2014-15 INDOOR TRACK STANDARDS

	4A Girls	4A Girls	4A Girls	4A Boys	4A Boys	4A Boys
Event	2014 State Standard	2014 State 8th Place	2015 State Standard	2014 State Standard	2014 State 8th Place	2015 State Standard
55M DASH	7.36	7.43	7.37	6.59	6.7	6.61
300M DASH	41.71	42.53	41.85	36.26	37.91	36.54
500M RUN	1:19.90	1:19.99	1:19.92	1:08.19	1:08.83	1:08.30
1000M RUN	3:10.56	3:11.35	3:10.69	2:40.89	2:43.15	2:41.27
1600M RUN	5:22.75	5:38.45	5:25.37	4:34.90	4:32.55	4:34.51
3200M RUN	11:43.90	11:58.38	11:46.31	10:01.05	10:13.51	10:03.13
55M HURDLES	8.83	9.46	8.94	7.98	8.37	8.05
800M RELAY	1:49.08	1:51.14	1:49.42	1:34.17	1:35.20	1:34.34
1600M RELAY	4:15.21	4:14.31	4:15.06	3:34.04	3:34.05	3:34.04
3200M RELAY	10:19.16	10:22.05	10:19.64	8:39.65	8:34.02	8:38.71
POLE VAULT	8'9"	8'6"	8'9"	12'0"	11'6"	12'0"
HIGH JUMP	5'0"	4'10"	5'0"	6'1"	5'10"	6'0"
LONG JUMP	17'2.5"	16'8.25"	17'1.25"	21'7.75"	19'5.75"	21'3.25"
TRIPLE JUMP	35'2.75"	34'3.75"	35'0.75"	44'2"	41'0"	43'7.50"
SHOT PUT	34'2.25"	33'7"	34'1"	45'3.75"	44'0"	45'1"
	3A Girls	3A Girls	3A Girls	3A Boys	3A Boys	3A Boys
Event	2014 State Standard	2014 State 8th Place	2015 State Standard	2014 State Standard	2014 State 8th Place	2015 State Standard
55M DASH	7.54	7.7	7.57	6.69	6.82	6.71
300M DASH	43.36	43.76	43.43	37.13	37.59	37.21
500M RUN	1:22.05	1:28.81	1:23.18	1:08.93	1:10.46	1:09.19
1000M RUN	3:08.82	3:12.88	3:09.50	2:38.70	2:42.19	2:39.28
1600M RUN	5:19.86	5:37.62	5:22.82	4:29.16	4:39.45	4:30.88
3200M RUN	11:45.04	12:11.28	11:49.41	9:51.33	10:07.36	9:54.00
55M HURDLES	9.36	9.82	9.44	8.19	8.17	8.19
800M RELAY	1:53.04	1:54.02	1:53.20	1:36.19	1:38.18	1:36.52
1600M RELAY	4:22.28	4:23.17	4:22.43	3:37.41	3:44.29	3:38.56
3200M RELAY	10:33.44	10:25.95	10:32.19	8:31.32	8:36.79	8:32.23
POLE VAULT	8'9"	9'0"	8'9"	11'3"	11'0"	11'3"
HIGH JUMP	4'11"	4'8"	4'11"	5'11"	5'8"	5'11"
LONG JUMP	16'6.25"	15'11.5"	16'5"	20'10.75"	20'2"	20'9.25"
TRIPLE JUMP	34'1.25"	32'1"	33'9"	42'4.75"	40'9.75"	42'1.50"
SHOT PUT	33'2.75"	31'2'	32'10.50"	45'0.75"	37'4.5"	43'9.25"

