

7-8 GIRLS

55 9.4 – 10.2
200 34.9 - 37
400 73 - 91
800 2:45 – 3:52
1500/mile 6:00 – 8:00 (6:30-8:30)
55 Hurdles 11.6 – 13.1
HJ 3'8" – 2'8"
ST LJ 6'8" – 4'8"
LJ 9'8" – 6'0"
SHOT 15'3 – 8'0"

9-10 GIRLS

55 8.4 – 9.3
200 30.4 – 33.1
400 72 - 88
800 2:38 – 3:11
1500/mile 5:20 – 7:38 (5:50 – 8:08)
55 Hurdles 11.5 – 13.2
HJ 3'8" – 3'0"
ST LJ 6'3" – 5'0"
LJ 11'11" – 9'3"
SHOT 25' – 13'2"

11-12 GIRLS

55 7.9 – 8.4
200 27.6 – 30.2
400 67.4 - 75
800 2:32 – 2:50
1500/mile 5:12 – 5:41 (5:40 – 6:10)
55 Hurdles 9.9 – 13.6
HJ 4'8" – 3'8"
ST LJ 7'10" – 6'9"
LJ 13'10" – 12'8"
SHOT 30'6" – 17'4"

13-14 GIRLS

55 7.5 – 8.2
200 26.7 – 29.2
400 59.3 – 68.4
800 2:31 – 2:46
1500/mile 5:10 – 5:56 (5:40 – 6:36)
55 Hurdles 9.9 – 12.0
HJ 4'8" – 3'4"
LJ 15'3" – 12'9"
SHOT 35' – 16'

7-8 BOYS

55 9.2 – 9.6
200 32 - 35
400 73 - 87
800 2:43 – 3:24
1500/mile 6:03 – 8:00 (6:30 – 8:30)
55 Hurdles 11.4 – 12.9
HJ 3'3" – 2'4"
ST LJ 6'0" – 4'9"
LJ 11'8" – 7'4"
SHOT 22' – 16'2"

9-10 BOYS

55 7.9 – 8.5
200 28.5 – 31.1
400 67 - 78
800 2:40 – 3:00
1500/mile 5:18 – 5:45 (5:50 – 6:15)
55 Hurdles 9.7 – 13.2
HJ 3'11" – 2'6"
ST LJ 6'2" – 5'8"
LJ 13'4" – 10'5"
SHOT 21'6" – 14'10"

11-12 BOYS

55 7.7 – 8.7
200 17.8 – 29.8
400 60 - 74
800 2:15 – 2:39
1500/mile 5:00 – 5:33 (5:30 – 6:00)
55 Hurdles 10.4 – 13.4
HJ 4'3" – 3'8"
ST LJ 6'9" – 5'8"
LJ 15'0" – 11'3"
SHOT 33' – 22'5"

13-14 boys

55 7.2 – 8.2
200 24.6 – 27.4
400 58 - 69
800 2'09 – 2:33
1500/mile 4:28 – 5:08 (5:00-5:38)
55 Hurdles 9.9 – 13.0
HJ 5'0" – 4'0"
LJ 20'1" – 13'9"
SHOT 36'4" – 14'8"