

| GIRLS | DIVISIONAL | DIVISIONAL | OIA | OIA | DIVISIONAL | DIVISIONAL | OIA | OIA | OIA | STATE | STATE | STATE | STATE |
|--------------------------|-------------|---------------|-------------|---------------|-------------|---------------|-------------|---------------|--------|-------------|-------------|---------------|---------------|
| J.V. & VARSITY | J.V. | J.V. | J.V. | J.V. | Varsity | Varsity | Varsity | Varsity | Relays | Auto | Cons | Auto | Cons |
| Order of | HAND | LYNX | HAND | LYNX | HAND | LYNX | HAND | LYNX | | HAND | HAND | LYNX | LYNX |
| RUNNING EVENTS | | F.A.T. | | F.A.T. | | F.A.T. | | F.A.T. | | | | F.A.T. | F.A.T. |
| 100 Meter High Hurdles | 25.0 | 25.24 | 19.9 | 20.14 | 23.5 | 23.74 | 18.3 | 18.54 | | 16.4 | 17.4 | 16.64 | 17.64 |
| 100 Meter Dash | 16.6 | 16.84 | 13.7 | 13.94 | 16.0 | 16.24 | 13.2 | 13.44 | | 12.6 | 13.0 | 12.84 | 13.24 |
| 1500 Meter Run | 7:26.3 | 7:26.54 | 6:04.0 | 6:04.24 | 6:58.4 | 6:58.44 | 5:44.0 | 5:44.24 | | 5:08.1 | 5:28.9 | 5:08.34 | 5:29.14 |
| 400 Meter Relay (4X100) | 66.0 | 66.24 | 66.0 | 66.24 | 63.0 | 63.24 | 58.0 | 58.24 | | 51.6 | 54.2 | 51.84 | 54.44 |
| 400 Meter Dash | 82.0 | 82.24 | 71.8 | 72.04 | 78.6 | 78.84 | 66.9 | 67.14 | | 61.0 | 64.9 | 61.24 | 65.14 |
| 300 Meter Low Hurdles | 67.0 | 67.24 | 61.1 | 61.34 | 63.0 | 63.24 | 55.5 | 55.74 | | 48.4 | 52.0 | 48.64 | 52.24 |
| 800 Meter Run | 3:30.0 | 3:30.24 | 2:58.0 | 2:58.24 | 3:15.0 | 3:15.24 | 2:47.5 | 2:47.74 | | 2:26.0 | 2:36.0 | 2:26.24 | 2:36.24 |
| 200 Meter Dash | 35.0 | 35.24 | 30.0 | 30.24 | 34.5 | 34.74 | 28.0 | 28.24 | | 26.4 | 27.4 | 26.64 | 27.64 |
| 3000 Meter Run | 16:15.6 | 16:15.84 | 14:23.0 | 14:23.24 | 15:47.7 | 15:47.94 | 12:53.0 | 12:53.24 | | 11:25.8 | 12:19.7 | 11:26.04 | 12:19.94 |
| 1600 Meter Relay (4X400) | 6:00.0 | 6:00.24 | 5:12.0 | 5:12.24 | 5:50.0 | 5:50.24 | 4:48.00 | 4:48.24 | | 4:19.7 | 4:34.1 | 4:19.94 | 4:34.34 |
| FIELD EVENTS | | | | | | | | | | | | AUTO | CONS |
| Pole Vault | 5'6" | | 6'0" | | 6'0" | | 6'6" | | 6'0" | | | 9'0" | 7'6" |
| High Jump | 3'10" | | 4'0" | | 4'0" | | 4'6" | | 4'2" | | | 5'0" | 4'10" |
| Long Jump | 12'0" | | 13'5" | | 13'0" | | 14'7.5" | | 13'0" | | | 16'5.5" | 15'04" |
| Triple Jump | 25'0" | | 26'0" | | 26'0" | | 30'0" | | 26'9" | | | 34'5.75" | 31'7.25" |
| Discus | 50'0" | | 68'0" | | 55'0" | | 93'6" | | 80'0" | | | 113'6" | 96'6" |
| Shot Put | 20'0" | | 25'0" | | 21'0" | | 30'0" | | 26'0" | | | 35'5.75" | 30'8.25" |
| Faster - Longer - Higher | | | | | | | | | | | | | |
| Slower - Shorter - Lower | | | | | | | | | | | | | |
| No Change | | | | | | | | | | | | | |

| BOYS | DIVISIONAL | DIVISIONAL | OIA | OIA | DIVISIONAL | DIVISIONAL | OIA | OIA | OIA | STATE | STATE | STATE | STATE |
|--------------------------|-------------|---------------|-------------|---------------|-------------|---------------|-------------|---------------|--------|-------------|-------------|---------------|---------------|
| J.V. & VARSITY | J.V. | J.V. | J.V. | J.V. | Varsity | Varsity | Varsity | Varsity | Relays | Auto | Cons | Auto | Cons |
| Order of | HAND | LYNX | HAND | LYNX | HAND | LYNX | HAND | LYNX | | HAND | HAND | LYNX | LYNX |
| RUNNING EVENTS | | F.A.T. | | F.A.T. | | F.A.T. | | F.A.T. | | | | F.A.T. | F.A.T. |
| 110 Meter High Hurdles | 23.0 | 23.24 | 21.0 | 21.24 | 22.6 | 22.84 | 17.2 | 17.44 | | 15.5 | 16.6 | 15.74 | 16.84 |
| 100 Meter Dash | 13.4 | 13.64 | 11.8 | 12.04 | 12.8 | 13.04 | 11.3 | 11.54 | | 10.9 | 11.2 | 11.14 | 11.44 |
| 1500 Meter Run | 6:02.6 | 6:02.84 | 5:06.0 | 5:06.24 | 5:34.7 | 5:34.94 | 4:40.0 | 4:40.24 | | 4:19.4 | 4:34.7 | 4:19.64 | 4:34.94 |
| 400 Meter Relay (4X100) | 58.0 | 58.24 | 55.8 | 56.04 | 52.0 | 52.24 | 47.0 | 47.24 | | 43.8 | 46.0 | 44.04 | 46.24 |
| 400 Meter Dash | 66.0 | 66.24 | 59.0 | 59.24 | 64.6 | 64.84 | 54.7 | 54.94 | | 51.1 | 54.1 | 51.34 | 54.34 |
| 300 Meter INTER. Hurdles | 57.0 | 57.24 | 50.8 | 51.04 | 49.8 | 50.04 | 45.2 | 45.44 | | 41.4 | 44.5 | 41.64 | 44.74 |
| 800 Meter Run | 2:45.0 | 2:45.24 | 2:25.0 | 2:25.24 | 2:30.0 | 2:30.24 | 2:15.0 | 2:15.24 | | 2:04.8 | 2:11.2 | 2:05.04 | 2:11.44 |
| 200 Meter Dash | 28.0 | 28.24 | 25.4 | 25.64 | 26.8 | 27.04 | 23.9 | 24.14 | | 22.5 | 23.4 | 22.74 | 23.64 |
| 3000 Meter Run | 12:32.6 | 12:32.84 | 11:28.0 | 11:28.24 | 11:50.8 | 11:51.04 | 10:28.0 | 10:28.24 | | 9:41.2 | 10:11.5 | 9:41.44 | 10:11.74 |
| 1600 Meter Relay (4X400) | 4:30.0 | 4:30.24 | 4:06.9 | 4:07.14 | 4:20.0 | 4:20.24 | 3:45.0 | 3:45.24 | | 3:33.4 | 3:41.6 | 3:33.64 | 3:41.84 |
| FIELD EVENTS | | | | | | | | | | | | AUTO | CONS |
| Pole Vault | 7'6" | | 7'6" | | 8'0" | | 9'6" | | 8'0" | | | 13'0" | 11'6" |
| High Jump | 4'8" | | 5'0" | | 5'0" | | 5'6" | | 5'6" | | | 6'0" | 5'8" |
| Long Jump | 15'0" | | 17'5" | | 16'0" | | 19'5" | | 18'6" | | | 21'0.25" | 19'08" |
| Triple Jump | 30'0" | | 34'0" | | 32'0" | | 37'6" | | 36'0" | | | 41'2.5" | 38'11.25" |
| Discus | 80'0" | | 87'0" | | 90'0" | | 118'0" | | 120'0" | | | 149'0" | 125-8" |
| Shot Put | 26'0" | | 32'0" | | 30'0" | | 41'0" | | 41'0" | | | 47'5.25" | 41'8.25" |
| Faster - Longer - Higher | | | | | | | | | | | | | |
| Slower - Shorter - Lower | | | | | | | | | | | | | |
| No Change | | | | | | | | | | | | | |