

# 2014 OIA & STATE TRACK STANDARDS

Updated April 11, 2014

GIRLS	DIVISIONAL	DIVISIONAL	OIA	OIA	DIVISIONAL	DIVISIONAL	OIA	OIA	OIA	STATE	STATE
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	Varsity	Varsity	Varsity	Varsity	Relays	AUTO	CONS
Order of	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX		LYNX	LYNX
<b>RUNNING EVENTS</b>		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	21.00	21.24	23.5	23.74	19.0	19.24		16.24	17.74
100 Meter Dash	16.6	16.84	14.2	14.44	16.0	16.24	13.6	13.84		12.74	13.24
1500 Meter Run	7:26.3	7:26.54	6:30.00	6:30.24	6:58.4	6:58.44	5:44.00	5:44.24		4:58.74	5:20.34
400 Meter Relay (4X100)	66.0	66.24	66.00	66.24	63.0	63.24	58.00	58.24		51.54	54.74
400 Meter Dash	82.0	82.24	72.8	73.04	78.6	78.84	67.8	68.04		1:00.34	1:03.14
300 Meter Low Hurdles	67.0	67.24	61.4	61.64	63.0	63.24	56.0	56.24		47.94	52.04
800 Meter Run	3:30.0	3:30.24	3:00.0	3:00.24	3:15.0	3:15.24	2:50.0	2:50.24		2:24.84	2:33.64
200 Meter Dash	35.0	35.24	30.5	30.74	34.5	34.74	28.8	29.04		26.64	27.64
3000 Meter Run	16:15.6	16:15.84	14:15.0	14:15.24	15:47.7	15:47.94	13:15.0	13:15.24		11:09.74	11:59.64
1600 Meter Relay (4X400)	6:00.0	6:00.24	5:12.00	5:12.24	5:50.0	5:50.24	4:48.00	4:48.24		4:17.44	4:36.64
<b>FIELD EVENTS</b>										AUTO	CONS
Pole Vault	5'6"		6'0"		6'0"		6'6"		6'0"	9'6"	7'6"
High Jump	3'10"		4'0"		4'0"		4'6"		4'2"	5'0"	4'8"
Long Jump	12'0"		13'0"		13'0"		14'5"		13'0"	16'5.5"	15'06"
Triple Jump	25'0"		26'0"		26'0"		28'0"		26'9"	33'10.5"	31'11.5"
Discus	50'0"		68'0"		55'0"		85'0"		80'0"	119'10"	95'06"
Shot Put	20'0"		25'0"		21'0"		30'0"		26'0"	36'1.5"	31'10.5"
Faster - Longer - Higher		<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>									
Slower - Shorter - Lower											
No Change											
BOYS	DIVISIONAL	DIVISIONAL	OIA	OIA	DIVISIONAL	DIVISIONAL	OIA	OIA	OIA	STATE	STATE
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	Varsity	Varsity	Varsity	Varsity	Relays	AUTO	CONS
Order of	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX		LYNX	LYNX
<b>RUNNING EVENTS</b>		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	18.0	18.24		15.64	16.84
100 Meter Dash	13.4	13.64	12.0	12.24	12.8	13.04	11.5	11.74		11.14	11.44
1500 Meter Run	6:02.6	6:02.84	5:05.0	5:05.24	5:34.7	5:34.94	4:45.0	4:45.24		4:17.34	4:28.64
400 Meter Relay (4X100)	58.0	58.24	55.8	56.04	52.0	52.24	47.0	47.24		44.14	46.84
400 Meter Dash	66.0	66.24	59.0	59.24	64.6	64.84	55.5	55.74		51.54	53.34
300 Meter INTER. Hurdles	57.0	57.24	50.8	51.04	49.8	50.04	46.4	46.64		41.64	43.74
800 Meter Run	2:45.0	2:45.24	2:25.0	2:25.24	2:30.0	2:30.24	2:17.0	2:17.24		2:01.74	2:07.64
200 Meter Dash	28.0	28.24	25.4	25.64	26.8	27.04	24.2	24.44		22.74	23.34
3000 Meter Run	12:32.6	12:32.84	11:35.0	11:35.24	11:50.8	11:51.04	10:45.0	10:45.24		9:37.54	10:09.54
1600 Meter Relay (4X400)	4:30.0	4:30.24	4:06.90	4:07.14	4:20.0	4:20.24	3:49.0	3:49.24		3:32.54	3:50.84
<b>FIELD EVENTS</b>										AUTO	CONS
Pole Vault	7'0"		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"		17'0"		16'0"		19'0"		18'6"	21'7.25"	19'0"
Triple Jump	30'0"		34'0"		32'0"		37'6"		36'0"	42'3.25"	40'1.25"
Discus	80'0"		87'0"		90'0"		115'0"		120'0"	149'0"	125'10"
Shot Put	26'0"		32'0"		30'0"		40'0"		41'0"	47'5.25"	43'6.5"
Faster - Longer - Higher		<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>									
Slower - Shorter - Lower											
No Change											