

HHSAA Track and Field Standards for 2018

REV: 04.16.18

BOYS STANDARDS

GIRLS STANDARDS

Field Events

128-04	Discus	103-02
43-08.00	Shot Put	32-01.00
20-05.00	Long Jump	15-09.00
39.10.00	Triple Jump	32-10.00
5-10	High Jump	4-08
11-06	Pole Vault	08-06

Running Event

16.54	110m Hurdles	17.14
11.34	100m Dash	13.04
4:25.64	1500m Run	5:18.14
45.24	4 x 100m Relay	53.14
53.04	400m Dash	1:03.24
43.24	300m Hurdles	50.74
2:05.44	800m Run	2:32.64
23.24	200m Dash	27.04
9:46.74	3000m Run	11:43.54
3:41.24	4 x 400m Relay	4:27.54

NOTE: All Running Standards must be Electronically Timed (F.A.T.)

Hand Times will not be accepted.