

# HHSAA Track and Field Standards for 2019

## **BOYS STANDARDS**

## **GIRLS STANDARDS**

### Field Events

127-07	Discus	98-10"
43.11.25	Shot Put	32-01.00
19.11.75	Long Jump	15-08.50
40.05.75	Triple Jump	32.06.50
5-09	High Jump	4-07
11-06	Pole Vault	08-03

### Running Event

16.74	110m Hurdles	17.44
11.34	100m Dash	13.04
4:27.54	1500m Run	5:18.14
45.24	4 x 100m Relay	53.14
53.14	400m Dash	1:03.14
43.74	300m Hurdles	49.64
2:07.94	800m Run	2:32.64
23.44	200m Dash	27.04
9:48.84	3000m Run	11:43.54
3:41.24	4 x 400m Relay	4:22.14

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

Rev: 02.28.19