

<b>GIRLS</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>OIA</b>	<b>STATE</b>
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	VARSITY	VARSITY	VARSITY	VARSITY	RELAYS	<b>2023</b>
<b>Order of</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	Meet	<b>LYNX</b>
<b>RUNNING EVENTS</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>	Discontinued	<b>F.A.T.</b>
100 Meter High Hurdles	25.0	25.24	21.56	21.8	23.5	23.74	19.8	20.04		16.50
100 Meter Dash	16.6	16.84	13.71	13.95	16.0	16.24	13.46	13.60		12.90
1500 Meter Run	7:26.3	7:26.54	5:59.8	6:00.0	6:58.40	6:58.64	5:47.76	5:48.0		5:03.50
400 Meter Relay (4X100)	66.0	66.24	65.0	65.24	63.0	63.24	58.0	58.24		52.00
400 Meter Dash	82.0	82.24	68.76	69.0	78.6	78.84	66.46	66.70		61.20
300 Meter Low Hurdles	67.0	67.24	62.76	63.0	63.0	63.24	56.76	57.0		49.90
800 Meter Run	3:30.0	3:30.24	2:51.76	2:52.0	3:15.00	3:15.24	2:44.76	2:45.0		2:29.60
200 Meter Dash	35.0	35.24	29.21	29.45	34.5	34.74	28.25	28.49		27.00
3000 Meter Run	16:15.6	16:15.84	13:59.76	14:00.0	15:47.70	15:47.94	13:13.76	13:14.0		11:12.50
1600 Meter Relay (4X400)	6:00.0	6:00.24	5:10.0	5:10.24	5:50.0	5:50.24	4:48.0	4:48.24		4:17.50
<b>FIELD EVENTS</b>										
Pole Vault	5'6"		6'0"		6'0"		6'6"		6'0"	9'8"
High Jump	3'10"		3'10"		4'0"		4'4"		4'2"	4'11"
Long Jump	12'0"		13'6"		13'0"		14'6"		13'0"	16'0"
Triple Jump	25'0"		25'0"		26'0"		28'0"		26'9"	33'8"
Discus	50'0"		62'6"		55'0"		80'0"		80'0"	106'6"
Shot Put	20'0"		23'0"		21'0"		27'5"		26'0"	32'1"
Faster - Longer - Higher		<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>								
Slower - Shorter - Lower										
No Change										
<b>BOYS</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>OIA</b>	<b>STATE</b>
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	VARSITY	VARSITY	VARSITY	VARSITY	RELAYS	<b>2023</b>
<b>Order of</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	Meet	<b>LYNX</b>
<b>RUNNING EVENTS</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>	Discontinued	<b>F.A.T.</b>
110 Meter High Hurdles	23.0	23.24	22.76	22.0	22.6	22.84	19.01	19.25		15.90
100 Meter Dash	13.4	13.64	11.76	12.0	12.8	13.04	11.26	11.50		11.10
1500 Meter Run	6:02.6	6:02.84	4:54.76	4:55.0	5:34.70	5:34.94	4:45.0	4:45.24		4:17.50
400 Meter Relay (4X100)	58.0	58.24	58.0	58.24	52.0	52.24	47.0	47.24		44.50
400 Meter Dash	66.0	66.24	57.76	58.0	64.6	64.84	55.0	55.24		51.50
300 Meter INTER. Hurdles	57.0	57.24	50.76	53.0	49.8	50.04	46.50	46.74		42.80
800 Meter Run	2:45.0	2:45.24	2:23.76	2:23.0	2:45.0	2:14.0	2:14.0	2:14.24		2:05.40
200 Meter Dash	28.0	28.24	24.86	25.1	26.8	27.04	23.60	23.84		22.80
3000 Meter Run	12:32.6	12:32.84	11:09.76	11:10.00	11:50.80	11:51.04	10:39.76	10:40.0		9:35.00
1600 Meter Relay (4X400)	4:30.0	4:30.24	4:30.0	4:30.24	4:20.0	4:20.24	3:55.0	3:55.24		3:35.70
<b>FIELD EVENTS</b>										
Pole Vault	7'0"		7'0"		8'0"		8'6"		8'0"	12'3"
High Jump	4'8"		4'10"		5'0"		5'4"		5'6"	5'11"
Long Jump	15'0"		17'0"		16'0"		18'7"		18'6"	20'6"
Triple Jump	30'0"		31'0"		32'0"		36'6"		36'0"	41'0"
Discus	80'0"		92'0"		90'0"		112'0"		120'0"	131'6"
Shot Put	26'0"		32'6"		30'0"		37'6"		41'0"	43'8"
Faster - Longer - Higher		<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>								
Slower - Shorter - Lower										
No Change										