



Track & Field Lettering Standards 2018

Event	Boys
100m	11.3
200m	23.3
400m	53.0
800m	2:06
1600m	4:45
3200m	10:35
110HH	17.00
300IH	43.00
4x100/400m Relay	45.3
4x400/1600m Relay	3:34
High Jump	5-8
Long Jump	19-6
Triple Jump	40-6
Pole Vault	13-0
Shot Put	40-0
Discus Throw	110-0

Event	Girls
100m	13.2
200m	27.3
400m	62.5
800m	2:29
1600m	5:38
3200m	12:30
110HH	17.50
300IH	51.0
4x100/400m Relay	52.50
4x400/1600m Relay	4:21
High Jump	4-8
Long Jump	15-0
Triple Jump	31-5
Pole Vault	8-6
Shot Put	28-0
Discus Throw	90-0