

**OUTDOOR TRACK AND FIELD
STANDARDS CHART: 2008**

| FEMALE EVENTS | MASSANUTTEN DISTRICT | REGION III | STATE AA |
|------------------------|-----------------------------|-------------------|-----------------|
| 100 HURDLES | 19.26 | 17.24 | 16.25 |
| 300 M HURDLES | 54.28 | 50.33 | 48.04 |
| 100 M DASH | 14.22 | 13.76 | 12.94 |
| 200 M DASH | 28.98 | 27.46 | 26.52 |
| 400 M DASH | 1:07.10 | 1:02.31 | 1:00.33 |
| 800 M RUN | 2:42.56 | 2:29.11 | 2:24.60 |
| 1600 M RUN | 6:07.80 | 5:32.25 | 5:20.52 |
| 3200 M RUN | 13:36.23 | 12:29.61 | 11:39.56 |
| SHOT PUT | 28-09.00 | 33-00.75 | 36-04.75 |
| DISCUS | 81-03 | 95-05.50 | 110-05.00 |
| POLE VAULT | 7-02.00 | 7-03.00 | 8-09.00 |
| HIGH JUMP | 4-04.00 | 4-11.00 | 5-02.00 |
| LONG JUMP | 14-04.50 | 16-05.50 | 16-09.00 |
| TRIPLE JUMP | 29-07.75 | 34-07.50 | 35-09.50 |
| 4 X 100 M RELAY | ONE TEAM | 52.94 | 51.37 |
| 4 X 400 M RELAY | ONE TEAM | 4:23.75 | 4:11.15 |
| 4 X 800 M RELAY | ONE TEAM | 10:59.69 | 10:04.88 |
| | | | |
| MALE EVENTS | MASSANUTTEN DISTRICT | REGION III | STATE AA |
| 110 HURDLES | 21.50 | 16.00 | 15.71 |
| 300 M HURDLES | 50.11 | 42.14 | 41.10 |
| 100 M DASH | 12.16 | 11.72 | 11.30 |
| 200 M DASH | 24.34 | 23.40 | 23.16 |
| 400 M DASH | 55.13 | 52.34 | 51.13 |
| 800 M DASH | 2:14.59 | 2:04.04 | 2:00.46 |
| 1600 M RUN | 5:04.52 | 4:37.59 | 4:30.84 |
| 3200 M RUN | 11:24.73 | 10:19.24 | 9:50.69 |
| SHOT PUT | 40-06.25 | 43-06.50 | 49-04.25 |
| DISCUS | 106-04.25 | 131-06.50 | 139-10.0 |
| POLE VAULT | 10-00.00 | 10-06.00 | 12-00.00 |
| HIGH JUMP | 5-02.00 | 6-0.00 | 6-03.00 |
| LONG JUMP | 18-00.75 | 21-04.00 | 21-05.75 |
| TRIPLE JUMP | 36-07.00 | 42-09.50 | 44-01.50 |
| 4 X 100 M RELAY | ONE TEAM | 45.09 | 44.16 |
| 4 X 400 M RELAY | ONE TEAM | 3:41.85 | 3:28.81 |
| 4 X 800 M RELAY | ONE TEAM | 8:47.24 | 8:18.98 |