

Boys	2019	2021	2022	Avg.	2023
100m	11.33	11.34	11.30	11.3233	11.33
200m	23.16	23.17	23.36	23.2300	23.23
400m	52.85	53.85	53.28	53.3267	53.33
800m	01:58.83	02:04.56	02:04.44	02:02.610	02:02.61
1600m	04:33.60	04:28.13	04:31.07	04:30.933	04:30.94
3200m	09:58.86	09:59.90	09:49.22	09:55.993	09:56.00
110HH	16.58	16.53	16.40	16.5033	16.51
300IH	41.48	42.38	43.63	42.4967	42.50
Long Jump	20' 9"	20' 1.5"	20' 4.5"	20' 5"	20' 5"
LJ - inches	249	241.5	244.5	245.0000	
Triple Jump	40' 1"	39' 10"	39' 0.25"	39' 7.75"	39' 7.75"
TJ - inches	481	478	468.25	475.7500	
High Jump	5' 10"	5' 6"	5' 6"	5' 7.25"	5' 7.25"
HJ - inches	70	66	66	67.3333	
Shot Put	43' 11.5"	39' 11"	39' 1"	40' 11.75"	40' 11.75"
SP - inches	527.5	479	469	491.8333	
Discus	128' 5"	104' 8"	113' 1"	115' 4"	115' 4"
D - inches	1541	1256	1357	1384.6667	
Girls	2019	2021	2022	Avg.	2023
100m	12.86	13.30	12.97	13.0433	13.05
200m	26.84	26.77	26.87	26.8267	26.83
400m	01:02.16	01:03.37	01:03.44	01:02.990	01:02.99
800m	02:26.64	02:29.91	02:25.99	02:27.513	02:27.52
1600m	05:23.14	05:25.12	05:15.44	05:21.233	05:21.24
3200m	11:47.09	11:43.39	11:34.53	11:41.670	11:41.67
100HH	16.47	16.61	17.55	16.8767	16.88
300LH	47.62	50.06	50.95	49.5433	49.55
Long Jump	16' 6"	16' 6.5"	15' 7.75"	16' 2.75"	16' 2.75"
LJ - inches	198	198.5	187.75	194.7500	
Triple Jump	33' 10.5"	34' 8.25"	32' 8"	33' 8.75"	33' 8.75"
TJ - inches	406.5	416.25	392	404.9167	
High Jump	4'10"	4' 8"	4'	4' 6"	4' 6"
HJ - inches	58	56	48	54.0000	
Shot Put	28' 6.5"	29' 3"	28' 8"	28' 9.75"	28' 9.75"
SP - inches	342.5	351	344	345.8333	
Discus	92' 4"	90' 4"	92' 1"	91' 10"	91' 7"
D - inches	1108	1084	1105	1099.0000	

Standards	
Boys	2023
100m	11.33
200m	23.23
400m	53.33
800m	02:02.61
1600m	04:30.94
3200m	09:56.00
110HH	16.51
300IH	42.50
Long Jump	20' 5"
Triple Jump	39' 7.75"
High Jump	5' 7.25"
Shot Put	40' 11.75"
Discus	115' 4"
Girls	2023
100m	13.05
200m	26.83
400m	01:02.99
800m	02:27.52
1600m	05:21.24
3200m	11:41.67
100HH	16.88
300LH	49.55
Long Jump	16' 2.75"
Triple Jump	33' 8.75"
High Jump	4' 6"
Shot Put	28' 9.75"
Discus	91' 7"