

Staples Girls Indoor Track
Fciac Class LL Standards

EVENT	FCIAC hand/FAT	STATE hand/FAT
50	7.3/7.54	
55	7.9/8.14	7.8/8.04
300	47.5/47.74	47.00/47.24
200		
600	1:55/1:55.24	1:49/1:49.24
400		
1000	3:30/3:30.24	3:25/3:25.24
1500		5:26/5:26.24
1600	6:00/6:00.24	5:50/5:50.24
3000		11:48/11:48.24
3200	13:00/13:00.24	12:40/12:40.24
50h	9.6/9.84	
55h	10.5/10.74	10.00/10.24
LJ	13'9	14'6"
Shot	26'0	28'0
PV	7'6	8'6"
HJ	4'6	4'8"
4x200r	one relay per team	2:00
4x400r	one relay per team	4:38
4x800r	one relay per team	11:00
SMR	one relay per team	4:50