

	STAPLES GIRLS TRACK STANDARDS			
Event	Fciac	Class LL		School Record
50 dash	7.3/7.54			6.5
50 hurdles	9.6/9.84			7.7
55 dash	7.9/8.14	7.8/8.04*		7.23
55 hurdles	10.5/10.74	10.00/10.24		8.33
300m	47.5/47.74	47.00/47.24		41.8
600m	1:55/155.24	1:49/1:49.24		01:35.0
1000m	3:30/3:30.24	3:25/3:25.24		02:55.5
1500m		5:26/5:26.24		
1600m	06:00.2	5:50/5:50.24		04:52.6
3000m		11:48/11:48.24		09:57.4
3200m	13:00/13:00.24	12:40/12:40.24		10:19.3
4 x 200		2:00		01:47.8
4 x 240				02:17.4
4 x 400		4:38		04:03.5
4 x 800		11:00		09:43.5
Spr. Med.Relay		4:50		04:16.4
Shot put	26-0	28'		38'5"
High Jump	4/6/2015	4'8"		5'10"
Long Jump	13-9	14'6"		17'10.25"
Pole Vault	Jul-00	8'0"		11'8.50"
** FAT	.24 conversion			