

## GIRLS 2011-12 INDOOR TRACK STANDARDS

Girls Events	Lettering	Concorde District	Northern Region	VA AAA	New Balance National
55m Hurdles	11.74	9.93	9.25	8.64	8.44 (8.74 Emerging)
55m Dash	8.64	7.83	7.57	7.35	7.24 (7:43 Emerging)
300m Dash	50.24	44.63	42.79	41.16	40.84 (41.54 Emerging (200m))
500m Dash	1:30.24	1:24.02	1:20.35	1:17.77	1:17.0 (1.21 Emerging (400m))
1000m Run	3:30.24	3:13.22	3:06.31	3:02.78	2:58.0 (3:03 Emerging (800m))
1600m Run	6:15.24	5:26.97	5:19.25	5:14.25	4:58.0 (5:12 Emerging)
3200m Run	13:00.24	12:02.64	11:37.50	11:18.00	10:55.0 (11:15 Emerging)
High Jump	4' 3"	4' 8"	5' 0"	5' 2"	5' 5" (5' 2" Emerging)
Pole Vault	6' 6"	7' 7"	9' 2"	9' 6"	12' 0" (10' 9" Emerging)
Long Jump	13' 0"	15' 1"	16' 6.5"	17' 7.25"	18' 6" (17' 6" Emerging)
Triple Jump	27' 0"	31' 6"	34' 3"	36' 7.5"	37' 6" (36' 0" Emerging)
Shot Put	25' 0"	28' 10.25"	33' 8"	35' 8.2.5"	41' 0" (37' 6" Emerging)
4x200m Relay	30.24 (split)	n/a	1:50.70	1:46.76	1:45.5 (1:49.0 Emerging)
4x400m Relay	68.24 (split)	n/a	4:12.38	4:05.58	4:02.0 (4:10 Emerging)
4x800m Relay	2:45.24 (split)	n/a	9:56.13	9:44.11	9:30.0 (9:50 Emerging)
5000m Run	n/a	n/a	n/a	n/a	18:45/11:40 (3200m)
Freshman Mile	n/a	n/a	n/a	n/a	5:30.0

## BOYS 2011-12 INDOOR TRACK STANDARDS

Boys Events	Lettering	Concorde District	Northern Region	VA AAA	New Balance National
55m Hurdles	10.74	8.78	8.19	7.92	7.44 (7.84 Emerging)
55m Dash	7.34	6.86	6.72	6.60	6.44 (6.64 Emerging)
300m Dash	40.44	37.98	36.93	35.89	35.84 (36.44 Emerging (200m))
500m Dash	1:18.24	1:11.30	1:08.42	67.05	1:05.0 (1:07.0 Emerging (400m))
1000m Run	3:00.24	2:43.51	2:39.89	2:35.89	2:31.0 (2:35 Emerging (800m))
1600m Run	5:15.24	4:36.67	4:32.71	4:25.97	4:18.0 (4:25 Emerging)
3200m Run	11:20.24	10:04.75	9:50.03	9:40.48	9:25.0 (9:45 Emerging)
High Jump	5' 4"	5' 9"	6' 0"	6' 3"	6' 6" (6' 2" Emerging)
Pole Vault	8' 6"	10' 1"	12' 0"	12' 9"	14' 9" (14' 0" Emerging)
Long Jump	16' 0"	19' 7.5"	20' 6"	21' 11.75"	22' 10" (22' 0" Emerging)
Triple Jump	36' 0"	39' 7.25"	42' 2.5"	44' 8.50"	45' 3" (44' 0" Emerging)
Shot Put	35' 0"	40' 3.5"	45' 10.25"	50' 3.25"	53' 0" (49' 6" Emerging)
4x200m Relay	25.24 (split)	n/a	1:35.26	1:33.42	1:33.2 (1:36 Emerging)
4x400m Relay	56.24 (split)	n/a	3:34.38	3:29.97	3:26.0 (3:32 Emerging)
4x800m Relay	2:15.24 (split)	n/a	8:24.87	8:10.18	8:03.0 (8:15 Emerging)
5000m Run	n/a	n/a	n/a	n/a	15:28/9:36 (3200m)
Freshman Mile	n/a	n/a	n/a	n/a	4:48.0

