

SOUTHERN REGIONAL

SPRING TRACK

VARSITY STANDARDS

(TIMES ARE FAT TIMES {.14/.24 CONVERSION})

Event	Time
100m	12.00
200m	24.50
400m	55.00
800m	2:10.00
1600m	4:52.00
3200m	10:30.00
110HH	17.50
400IH	64.00
Pole Vault	11-00
High Jump	5-10
Long Jump	18-06.00
Triple Jump	38-00.00
Shot Put	40-00
Discus	120-00
Javelin	130-00

****Relay times do not count toward achieving standards****

