



Men's Track and Field **Standards at LHS.**

- These standards are based on official times by a coach or electronic times in Milesplit.

EVENT	VARSITY	JUNIOR VARSITY	ON THE TEAM
100M	11.50	11.95	12.6
200M	23.95	24.70	25.00
400M	52.25	53.50	57.50
800M	2:05	2:30	2:45
1600M	5:24	5:30	5:45
3200M	11:20	11:38	12:14
110MH	15.50	16.20	16.50
300MH	43.74	46.50	47.80
HIGH JUMP	5'6/0.13m	5'0/2.03m	4'9/1.98m
LONG JUMP	19'0/7.31m	18'0/6.98m	17'00/6.70m
TRIPLE JUMP	38'0/2.24m	34'5/14.45m	33'5/13.84m
SHOT PUT	35'/17.98m	34'/07.06m	33'/15.24m
DISCUS	111'/1.34m	97'/48.76m	90'/45.72m

Updated on 5/22/2023



Women's Track and Field **Standards at LHS.**

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EVENT	VARSITY	JUNIOR VARSITY	ON THE TEAM
100M	12.80	13.95	14.6
200M	27.95	28.70	33.00
400M	111.2	115.50	126.5
800M	2:44	2:55	3:34
1600M	5:59	6:09	7:30
3200M	14:08	16:52	18:30
110MH	18:35	18:84	19:64
300MH	54.41	57.15	58.13
HIGH JUMP	4'8/2.13m	4'6/2.03m	4'4/1.98m
LONG JUMP	15'0/7.31m	14'11/6.98m	13'90/6.70m
TRIPLE JUMP	30'1/15.24m	29'5/14.45m	28'5/13.84m
SHOT PUT	28'/17.98m	27'/17.06m	36'/15.24m
DISCUS	79'/03.34m	78'/08.76m	73'/15.72m

Updated on 5/22/2023