



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

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

<b>EVENT</b>	<b>VARSITY</b>	<b>JUNIOR VARSITY</b>	<b>ON THE TEAM</b>
<b>100M</b>	11.50	11.95	12.6
<b>200M</b>	23.95	24.70	25.00
<b>400M</b>	52.25	53.50	57.50
<b>800M</b>	2:05	2:30	2:45
<b>1600M</b>	5:24	5:30	5:45
<b>3200M</b>	11:20	11:38	12:14
<b>110MH</b>	15.50	16.20	16.50
<b>300MH</b>	43.74	46.50	47.80
<b>HIGH JUMP</b>	5'6"/0.13m	5'0"/2.03m	4'9"/1.98m
<b>LONG JUMP</b>	19'0"/7.31m	18'0"/6.98m	17'00"/6.70m
<b>TRIPLE JUMP</b>	38'0"/2.24m	34'5"/14.45m	33'5"/13.84m
<b>SHOT PUT</b>	35'"/17.98m	34'"/07.06m	33'"/15.24m
<b>DISCUS</b>	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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<b>EVENT</b>	<b>VARSITY</b>	<b>JUNIOR VARSITY</b>	<b>ON THE TEAM</b>
<b>100M</b>	12.80	12.95	13.6
<b>200M</b>	27.95	28.70	29.00
<b>400M</b>	104.2	107.50	114.5
<b>800M</b>	2:44	2:50	2:58
<b>1600M</b>	5:59	6:09	7:30
<b>3200M</b>	14:08	16:52	18:30
<b>110MH</b>	18:35	18:84	19:64
<b>300MH</b>	54.41	57.15	58.13
<b>HIGH JUMP</b>	4'8/2.13m	4'6/2.03m	4'4/1.98m
<b>LONG JUMP</b>	15'0/7.31m	14'11/6.98m	13'90/6.70m
<b>TRIPLE JUMP</b>	30'1/15.24m	29'5/14.45m	28'5/13.84m
<b>SHOT PUT</b>	28'/17.98m	27'/17.06m	36'/15.24m
<b>DISCUS</b>	79'/03.34m	78'/08.76m	73'/15.72m

Updated on 5/22/2023