

2009 State Track and Field "At-Large" Marks	
Boys	
100m	10.74
200m	21.57
400m	48.57
800m	1:54.77
1600m	4:15.20
3200m	9:12.57
110HH	14.38
300IH	38.36
4x100 Relay	42.09
4x400 Relay	3:19.96
High Jump	6' 06.00
Pole Vault	14' 10.00
Long Jump	22' 08.00
Triple Jump	46' 08.00
Shot Put	56' 08.00
Discus	172' 10.00
Girls	
100m	12.01
200m	24.32
400m	56.24
800m	2:12.33
1600m	4:57.09
3200m	10:47.04
100HH	14.43
300LH	44.12
4x100	47.78
4x400	3:54.22
High Jump	5' 05.00
Pole Vault	11' 09.00
Long Jump	18' 03.00
Triple Jump	38' 09.00
Shot Put	41' 00.00

Discus	136' 11.00
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