

**2011 State Track and Field Championships
"At-Large Standards"**

	<u>Boys</u>	<u>Girls</u>
100	10.67	11.92
200	21.52	24.35
400	48.73	56.10
800	1:54.23	2:14.09
1600	4:16.73	5:00.19
3200	9:09.65	10:47.03
110H/100H	14.41	14.34
300H	38.26	43.53
4x100R	41.90	47.64
4X400R	3:18.48	3:52.42
High Jump	6-05.00	5-05.00
Pole Vault	15-02.00	11-09.00
Long Jump	22-07.00	18-02.25
Triple Jump	46-09.75	38-05.25
Shot Put	55-02.00	41-05.50
Discus	169-08.00	134-11.00