

**2012 State Track and Field Championships
At-Large Standards**

	<u>Boys</u>	<u>Girls</u>
100	10.66	11.88
200	21.60	24.54
400	48.65	55.99
800	1:53.32	2:13.62
1600	4:15.79	4:58.86
3200	9:08.89	10:42.57
110/100H	14.40	14.31
300H	38.32	43.75
4x100R	41.90	47.48
4X400R	3:18.44	3:51.77
High Jump	6-05.00	5-05.00
Pole Vault	15-03.00	11-08.00
Long Jump	22-05.00	18-02.00
Triple Jump	46-06.00	38-07.00
Shot Put	55-01.00	41-05.00
Discus	168-11.00	135-11.00