

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

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