



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Minimum Track Time/Field Distance Standards

2010

4A Boys

EVENT	FAT	HAND
100	11.03	10.8
200	22.08	21.9
400	49.49	49.3
800	1:54.21	1:54.0
1600	4:16.41	4:16.2
3200	9:12.86	9:12.7
HH	14.61	14.4
IH	39.22	39.0
400 relay	42.93	42.7
1600 relay	3:22.21	3:22.0
Shot put	53-10 3/4	
Discus	161-2	
Javelin	194-1	
Long jump	22-6	
Triple jump	46-2	
High jump	6-7 3/4	
Pole vault	14-6	

3A Boys

EVENT	FAT	HAND
100	10.98	10.8
200	22.25	22.1
400	49.60	49.4
800	1:55.67	1:55.5
1600	4:17.00	4:16.8
3200	9:13.15	9:13.0
HH	14.80	14.6
IH	39.43	39.2
400 relay	42.88	42.7
1600 relay	3:23.50	3:23.3
Shot put	53-10 1/4	
Discus	157-9	
Javelin	186-4	
Long jump	22-2 3/4	
Triple jump	45-8 1/2	
High jump	6-4 3/4	
Pole vault	14-6	

4A Girls

EVENT	FAT	HAND
100	12.23	12.0
200	24.93	24.7
400	56.72	56.5
800	2:14.77	2:14.6
1600	4:58.87	4:58.7
3200	10:43.27	10:43.1
HH	14.90	14.7
LH	44.79	44.6
400 relay	48.49	48.3
800 relay	1:42.63	1:42.4
1600 relay	3:59.33	3:59.1
Shot put	39-7 3/4	
Discus	124-8	
Javelin	131-7	
Long jump	18-3 3/4	
Triple jump	37-11 1/2	
High jump	5-5	
Pole vault	11-4	

3A Girls

EVENT	FAT	HAND
100	11.89	11.7
200	25.24	25.0
400	57.53	57.3
800	2:17.15	2:17.0
1600	5:08.60	5:08.4
3200	11:06.94	11:06.7
HH	15.23	15.0
LH	44.92	44.7
400 relay	49.08	48.9
800 relay	1:43.41	1:43.2
1600 relay	3:59.60	3:59.4
Shot put	37-8 3/4	
Discus	120-8	
Javelin	128-3	
Long jump	16-10 1/2	
Triple jump	37-0 1/2	
High jump	5-2	
Pole vault	10-6	

2A Boys

EVENT	FAT	HAND
100	11.08	10.9
200	22.42	22.2
400	49.30	49.1
800	1:57.01	1:56.8
1600	4:21.58	4:21.4
3200	9:40.89	9:40.7
HH	15.14	14.9
IH	39.17	39.0
400 relay	43.90	43.7
1600 relay	3:27.39	3:27.2
Shot put	53-7	
Discus	54-11	
Javelin	180-4	
Long jump	21-3 3/4	
Triple jump	44-4 1/2	
High jump	6-3 1/2	
Pole vault	14-1	

1A Boys

EVENT	FAT	HAND
100	11.39	11.2
200	22.86	22.7
400	50.34	50.1
800	1:58.01	1:57.8
1600	4:25.39	4:25.2
3200	9:51.80	9:51.6
HH	15.72	15.5
IH	41.35	41.2
400 relay	44.60	44.4
1600 relay	3:30.80	3:30.6
Shot put	49-11 3/4	
Discus	141-6	
Javelin	177-4	
Long jump	21-1	
Triple jump	43-3 1/2	
High jump	6-1 3/4	
Pole vault	13-2	

2A Girls

EVENT	FAT	HAND
100	12.55	12.4
200	26.06	25.9
400	59.29	59.1
800	2:17.09	2:16.9
1600	5:03.15	5:03.0
3200	11:09.95	11:09.8
HH	15.31	15.1
LH	45.89	45.7
400 relay	50.17	50.0
800 relay	1:46.47	1:46.3
1600 relay	4:05.88	4:05.7
Shot put	39-5	
Discus	128-0	
Javelin	132-9	
Long jump	16-5 1/2	
Triple jump	35-2 1/4	
High jump	5-2 3/4	
Pole vault	10-7	

1A Girls

EVENT	FAT	HAND
100	13.01	12.8
200	26.08	25.9
400	59.24	59.0
800	2:22.26	2:22.1
1600	5:17.92	5:17.7
3200	11:41.33	11:41.1
HH	15.97	15.8
LH	47.61	47.4
400 relay	51.29	51.1
800 relay	1:47.43	1:47.2
1600 relay	4:09.49	4:09.3
Shot put	36-11 1/4	
Discus	112-3	
Javelin	126-1	
Long jump	16-6 1/2	
Triple jump	34-6	
High jump	5-2	
Pole vault	9-11	

2B Boys

EVENT	FAT	HAND
100	11.39	11.2
200	22.79	22.6
400	50.93	50.7
800	2:01.50	2:01.3
1600	4:35.52	4:35.3
3200	10:10.07	10:09.9
HH	15.92	15.7
IH	41.00	40.8
400 relay	44.61	44.4
1600 relay	3:32.39	3:32.2
Shot put	47-11	
Discus	142-7	
Javelin	172-9	
Long jump	20-6 1/4	
Triple jump	42-7 1/2	
High jump	6-1 1/2	
Pole vault	11-6	

1B Boys

EVENT	FAT	HAND
100	11.86	11.7
200	23.68	23.5
400	52.94	52.8
800	2:07.50	2:07.3
1600	4:48.41	4:48.2
3200	10:43.36	10:43.2
HH	16.94	16.7
IH	43.27	43.1
400 relay	47.51	47.3
1600 relay	3:41.76	3:41.6
Shot put	44-3 1/2	
Discus	124-0	
Javelin	151-1	
Long jump	19-2 3/4	
Triple jump	40-3	
High jump	5-11 1/2	
Pole vault	9-2	

2B Girls

EVENT	FAT	HAND
100	13.17	13.0
200	26.57	26.4
400	1:00.25	1:00.1
800	2:25.74	2:25.5
1600	5:23.56	5:23.4
3200	12:05.39	12:05.2
HH	16.08	15.9
LH	47.24	47.0
400 relay	52.23	52.0
800 relay	1:50.45	1:50.3
1600 relay	4:14.80	4:14.6
Shot put	37-2 1/2	
Discus	114-6	
Javelin	116-2	
Long jump	16-5	
Triple jump	4-2 3/4	
High jump	1-9 1/2	
Pole vault	8-9	

1B Girls

EVENT	FAT	HAND
100	13.60	13.4
200	27.40	27.2
400	1:03.14	1:03.0
800	2:31.79	2:31.6
1600	5:43.24	5:43.0
3200	13:01.95	13:01.8
HH	17.54	17.3
LH	50.04	49.8
400 relay	55.69	55.5
800 relay	1:56.62	1:56.4
1600 relay	4:33.88	4:33.7
Shot put	32-10	
Discus	94-2	
Javelin	109-8	
Long jump	15-2 1/4	
Triple jump	31-5	
High jump	4-9	
Pole vault	7-7	