



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

## Minimum Track Time/Field Distance Standards

2011

### 4A Boys

EVENT	FAT	HAND
100	11.07	10.9
200	22.04	21.8
400	49.42	49.2
800	1:54.29	1:54.1
1600	4:15.61	4:15.4
3200	9:10.98	9:10.8
HH	14.78	14.6
IH	39.15	39.0
400 relay	42.90	42.7
1600 relay	3:21.81	3:21.6
Shot put	54-7	
Discus	156-6	
Javelin	198-3	
Long jump	22-10 1/2	
Triple jump	46-5 1/2	
High jump	6-7	
Pole vault	14-6	

### 3A Boys

EVENT	FAT	HAND
100	11.05	10.9
200	22.16	22
400	49.76	49.6
800	1:54.83	1:54.6
1600	4:18.27	4:18.1
3200	9:13.12	9:12.9
HH	14.85	14.7
IH	39.32	39.1
400 relay	43.08	42.9
1600 relay	3:23.19	3:23.0
Shot put	54-0 1/4	
Discus	156-8	
Javelin	182-11	
Long jump	22-3 3/4	
Triple jump	45-11 1/2	
High jump	6-5	
Pole vault	14-4	

### 4A Girls

EVENT	FAT	HAND
100	12.23	12.0
200	24.94	24.7
400	57.33	57.1
800	2:15.78	2:15.6
1600	4:59.36	4:59.2
3200	10:47.29	10:47.1
HH	15.03	14.8
LH	44.73	44.5
400 relay	48.59	48.4
800 relay	1:42.69	1:42.5
1600 relay	3:59.49	3:59.3
Shot put	39-10 1/4	
Discus	125-12	
Javelin	129-7	
Long jump	17-10 1/2	
Triple jump	38-2 1/2	
High jump	5-5	
Pole vault	11-9	

### 3A Girls

EVENT	FAT	HAND
100	12.37	12.2
200	25.38	25.2
400	57.33	57.1
800	2:16.58	2:16.4
1600	5:04.71	5:04.5
3200	10:59.43	10:59.2
HH	15.23	15.0
LH	45.43	45.2
400 relay	49.22	49.0
800 relay	1:43.70	1:43.5
1600 relay	3:58.67	3:58.5
Shot put	38-7 1/2	
Discus	121-10	
Javelin	124-6	
Long jump	16-11 3/4	
Triple jump	37-0	
High jump	5-3 1/2	
Pole vault	10-6	

## 2A Boys

EVENT	FAT	HAND
100	11.17	11
200	22.37	22.2
400	49.39	49.2
800	1:56.31	1:56.1
1600	4:23.59	4:23.4
3200	9:37.10	9:36.9
HH	15.15	15
IH	39.41	39.2
400 relay	43.73	43.5
1600 relay	3:25.92	3:25.7
Shot put	53-6	
Discus	158-9	
Javelin	174-4	
Long jump	21-9 1/4	
Triple jump	44-7 1/4	
High jump	6-2 3/4	
Pole vault	14-2	

## 1A Boys

EVENT	FAT	HAND
100	11.42	11.2
200	22.91	22.7
400	50.45	50.3
800	1:58.51	1:58.3
1600	4:25.44	4:25.2
3200	9:54.75	9:54.6
HH	15.67	15.5
IH	41.05	40.9
400 relay	44.35	44.2
1600 relay	3:31.65	3:31.5
Shot put	50-8 1/2	
Discus	149-0	
Javelin	176-6	
Long jump	21-3	
Triple jump	43-1 1/4	
High jump	6-1	
Pole vault	13-1	

## 2A Girls

EVENT	FAT	HAND
100	12.64	12.4
200	25.98	25.8
400	58.89	58.7
800	2:16.55	2:16.4
1600	5:05.38	5:05.2
3200	11:12.65	11:12.5
HH	15.70	14.5
LH	46.33	46.1
400 relay	50.02	49.8
800 relay	1:46.57	1:46.4
1600 relay	4:05.75	4:05.6
Shot put	39-2 1/2	
Discus	123-10	
Javelin	131-11	
Long jump	16-5 1/2	
Triple jump	35-4 1/2	
High jump	5-1 1/2	
Pole vault	10-5	

## 1A Girls

EVENT	FAT	HAND
100	12.92	12.7
200	26.44	26.2
400	1:00.01	59.8
800	2:25.27	2:25.1
1600	5:21.28	5:21.1
3200	11:45.93	11:45.7
HH	16.14	15.9
LH	47.63	47.4
400 relay	50.02	49.8
800 relay	1:47.58	1:47.4
1600 relay	4:10.25	4:10.1
Shot put	36-9 1/2	
Discus	114-10	
Javelin	125-3	
Long jump	16-6	
Triple jump	34-3	
High jump	5-1	
Pole vault	9-7	

## 2B Boys

EVENT	FAT	HAND
100	11.57	11.4
200	23.21	23
400	51.46	51.3
800	2:00.87	2:00.7
1600	4:34.90	4:34.7
3200	10:10.07	10:09.9
HH	16.04	15.8
IH	41.05	40.9
400 relay	44.69	44.5
1600 relay	3:33.86	3:33.7
Shot put	48-1 1/2	
Discus	148-10	
Javelin	174-4	
Long jump	21-3 1/2	
Triple jump	42-10 1/4	
High jump	6-1 1/2	
Pole vault	11-10	

## 1B Boys

EVENT	FAT	HAND
100	12.01	11.8
200	24.01	23.8
400	52.92	52.7
800	2:07.75	2:07.6
1600	4:50.82	4:50.6
3200	10:47.16	10:47.0
HH	17.2	17
IH	42.91	42.7
400 relay	47.06	46.9
1600 relay	3:43.42	3:43.2
Shot put	44-7 3/4	
Discus	127-5	
Javelin	159-2	
Long jump	19-3 1/2	
Triple jump	40-2 1/4	
High jump	5-10 3/4	
Pole vault	9-8	

## 2B Girls

EVENT	FAT	HAND
100	13.32	13.1
200	26.96	26.8
400	1:00.75	1:00.6
800	2:26.39	2:26.2
1600	5:22.39	5:22.2
3200	12:03.14	12:02.9
HH	16.53	16.3
LH	47.59	47.4
400 relay	52.27	52.1
800 relay	1:47.58	1:47.4
1600 relay	4:15.19	4:15.0
Shot put	37-2 1/4	
Discus	113-8	
Javelin	116-2	
Long jump	16-6 1/4	
Triple jump	33-3 1/2	
High jump	5-0 3/4	
Pole vault	8-8	

## 1B Girls

EVENT	FAT	HAND
100	13.66	13.5
200	27.73	27.5
400	1:03.30	1:03.1
800	2:31.90	2:31.7
1600	5:39.40	5:39.2
3200	12:57.41	12:57.2
HH	17.77	17.6
LH	50.41	50.2
400 relay	55.44	55.2
800 relay	1:56.35	1:56.2
1600 relay	4:34.26	4:34.1
Shot put	31-6	
Discus	96-9	
Javelin	110-4	
Long jump	15-3	
Triple jump	31-9	
High jump	4-10 1/2	
Pole vault	7-8	