

2012
SeaKing District Qualifying Standards

3A Girls Seaking District Qualifying Standards - **3 year average of 3rd place**

Girls	2005	2006	2007	2008	2009	2010	2011	2012 Average
G 100m	12.55	12.74	12.48	12.21	12.41	12.83	12.37	12.54
G 200m	26.22	25.71	26.24	25.49	25.72	26.42	25.89	26.01
G 400m	59.45	58.54	58.27	59.48	1:01.01	58.98	58.72	59.57
G 800m	2:17.02	2:17.24	2:18.28	2:17.54	2:21.18	2:20.89	2:18.21	2:20.09
G 1600m	5:04.06	5:17.72	5:14.55	5:13.99	5:20.13	5:19.32	5:14.42	5:17.96
G 3200m	11:06.23	11:18.88	11:22.67	11:13.86	11:19.31	11:42.82	11:33.17	11:31.76
G 100m H	15.69	16.30	15.94	15.42	15.77	15.35	14.90	15.34
G 300m H	47.89	48.53	48.35	47.04	46.54	47.43	46.66	46.88
G 4 x 1	50.76	50.07	49.71	50.23	50.24	50.14	50.63	50.34
G 4 x 2	1:46.64	1:46.89	1:44.93	1:44.12	1:46.49	1:46.49	1:46.45	1:46.48
G 4 x 4	4:03.99	4:01.50	4:01.06	4:05.14	4:02.95	4:05.19	4:05.82	4:04.65
G Long J.	16'4.75"	16'5.00	17' 2.50	16' 7.25	16' 7.5	16' 02	16" 11"	16' 7"
G Triple J.	34'0.25"	34' 5.5	34' 3.25	35'	35' 08.5	34' 6	35' 02.75"	35' 1.75"
G High J.	4'10"	4'10	5' 00	5' 0	5' 1	5' 0	5' 2"	5' 1"
G Pole V.	10'0"	10' 6	9' 6	9' 0	9' 0	9' 0	9' 6"	9' 2"
G Shot P.	36' 1"	37' 3	33' 7.75	35' 9	36' 7.5	37' 3.75	33' 11"	35' 9.5"
G Discus	104'10"	108' 06	108' 01	102' 03	104' 02	102' 11	101' 8"	102' 11"
G Javelin	111'11"	108' 01	113' 06	119' 11	107' 11	101' 6	108' 0"	105' 9"

3A Boys Seaking District Qualifying Standards - **3 year average of 3rd place**

Boys	2005	2006	2007	2008	2009	2010	2011	2012 Average
B 100m	11.03	11.41	11.36	11.17	11.8	11.28	11.13	11.4
B 200m	22.48	23.19	22.91	22.32	23.0	22.90	22.58	22.83
B 400m	51.60	51.42	50.76	50.84	51.25	50.80	51.48	51.18
B 800m	1:56.12	1:57.26	1:56.90	1:58.05	1:59.47	1:54.87	1:57.92	1:57.42
B 1600m	4:23.03	4:21.93	4:18.31	4:27.26	4:17.78	4:22.99	4:25.93	4:22.23
B 3200m	9:42.18	9:34.80	9:35.86	9:30.63	9:34.04	9:26.30	9:26.96	9:29.1
B 110m H	15.50	15.60	15.52	15.10	15.67	15.59	15.66	15.64
B 300m H	41.15	41.24	40.85	40.70	41.66	40.02	40.77	40.82
B 4 x 1	44.64	44.45	43.29	44.46	44.10	43.67	42.57	43.63
B 4 x 4	3:31.70	3:28.41	3:26.33	3:27.46	3:29.34	3:25.59	3:28.28	3:27.74
B Long J.	21'4"	20'11.5	21' 1.25	21' 0.75	20' 3.5	21' 5.25	20' 6.75"	20' 8.25"
B Triple J.	43'2.5"	43'1.5	43' 5.25	43' 6.5	41' 9	41' 3	41' 5.75"	41' 6"
B High J.	6'2"	5' 10	6' 2	6' 4	5' 10	6' 0	6' 2"	6'
B Pole V.	13'0"	13' 6	13' 6	14' 0	12' 6	12' 6	12' 0"	12' 4"
B Shot P.	48'8.5"	48' 4.5	49' 7.75	51' 9	48.3	49' 0.75	47' 0.5"	48' 1"
B Discus	133'00"	139' 10	139' 10	146' 2	146' 8	138' 0	136' 10"	140' 6"
B Javelin	168'7"	157' 11	161' 2	174' 7	169' 7	155' 7	179' 1"	168' 1"