

*As of 3/3/26	Upperclassmen (11-12)		Underclassmen (9-10)	
	Men	Women	Men	Women
Sprints				
100m	11.1	12.65	11.8	13.2
200m	22.6	26	23.8	27
400m	51.25	60	54.3	63
Hurdles				
100mH	--	16.35	--	17.2
110mH	15.1	--	16.2	--
300mH	40	47	41	50
400mH	57.5	1:10.00	60	1:15.00
Mid-Distance				
800m	2:00.25	2:23.30	2:04.00	2:28.00
1500m	4:13.00	5:01.00	4:23.00	5:18.00
1600m	4:31.50	5:23.00	4:42.80	5:41.50
1 Mile	4:33.00	5:25.00	4:44.50	5:44.00
2k Steeple	6:45.00	7:30.00	7:15.00	8:30.00
Distance				
3000m	9:15.00	11:10.60	9:45.00	11:43.60
3200m	9:56.00	12:00.00	10:28.00	12:38.20
Jumps				
Long Jump	21'	17'	19' 6"	16'
Triple Jump	42'	34'	40' 6"	32'
High Jump	6'	5'	5' 10"	4' 10"
Pole Vault	13'	10' 6"	12'	9' 6"
Throws				
Shot Put	50'	35'	45'	30'
Discus	155'	115'	140'	100'
Javelin	135'	98' 6"	125'	85'
Hammer	145'	115'	115'	90'
Multi-Events				
Heptathlon	--	3700	--	3200
Decathlon	5000	--	4500	--