



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Minimum Track Time/Field Distance Standards

2015

4A Boys

EVENT	FAT
100	11.04
200	21.97
400	48.82
800	1:53.50
1600	4:12.59
3200	9:04.33
HH	14.89
IH	38.89
400 relay	42.35
1600 relay	3:21.46
Shot put	55-11
Discus	159-6
Javelin	191-5
Long jump	22-11
Triple jump	45-3.5
High jump	6-6
Pole vault	14-5

3A Boys

EVENT	FAT
100	11.04
200	22.18
400	49.45
800	1:54.75
1600	4:13.81
3200	9:03.76
HH	15.07
IH	39.34
400 relay	43.20
1600 relay	3:23.33
Shot put	53-6
Discus	155-8
Javelin	178-7
Long jump	22-2
Triple jump	45-4.5
High jump	6-5
Pole vault	14-0

4A Girls

EVENT	FAT
100	12.35
200	25.25
400	57.14
800	2:13.76
1600	4:58.42
3200	10:54.64
HH	15.05
LH	35.77
400 relay	48.88
800 relay	1:42.99
1600 relay	3:56.45
Shot put	41-3.5
Discus	126-10
Javelin	132-4
Long jump	17-8
Triple jump	37-10
High jump	5-4.5
Pole vault	11-3.5

3A Girls

EVENT	FAT
100	12.49
200	25.53
400	57.06
800	2:13.94
1600	4:53.60
3200	10:45.33
HH	15.33
LH	45.14
400 relay	49.21
800 relay	1:43.85
1600 relay	3:58.53
Shot put	40-0.5
Discus	119-9
Javelin	125-1
Long jump	17-6.5
Triple jump	37-0
High jump	5-3.5
Pole vault	10-9

2A Boys

EVENT	FAT
100	11.1
200	22.2
400	49.39
800	1:55.08
1600	4:17.22
3200	9:19.52
HH	15.04
IH	38.91
400 relay	43.05
1600 relay	3:24.37
Shot put	52-10.5
Discus	159-11
Javelin	171-2
Long jump	21-8.5
Triple jump	44-1.5
High jump	6-3
Pole vault	14-0

1A Boys

EVENT	FAT
100	11.30
200	22.81
400	50.76
800	1:59.03
1600	4:26.91
3200	9:48.87
HH	15.53
IH	39.83
400 relay	43.96
1600 relay	3:30.56
Shot put	51-1.5
Discus	155-9
Javelin	176-5
Long jump	21-8
Triple jump	43-3
High jump	6-3
Pole vault	13-4

2A Girls

EVENT	FAT
100	12.64
200	25.5
400	58.1
800	2:17.59
1600	5:05.92
3200	11:13.22
HH	15.71
LH	45.87
400 relay	49.53
800 relay	1:44.84
1600 relay	4:03.63
Shot put	38-10
Discus	123-6
Javelin	129-5
Long jump	16-8.5
Triple jump	35-5.5
High jump	5-2
Pole vault	11-1

1A Girls

EVENT	FAT
100	12.97
200	26.28
400	59.29
800	2:21.87
1600	5:15.25
3200	11:31.13
HH	16.06
LH	47.04
400 relay	50.79
800 relay	1:46.63
1600 relay	4:06.56
Shot put	38-1
Discus	120-2
Javelin	126-6
Long jump	17-1
Triple jump	35-0.25
High jump	5-2.5
Pole vault	9-11

2B Boys

EVENT	FAT
100	11.64
200	23.24
400	51.35
800	2:01.17
1600	4:32.48
3200	10:00.99
HH	15.7
IH	41.10
400 relay	44.94
1600 relay	3:32.69
Shot put	47-9.5
Discus	144-6
Javelin	173-0
Long jump	21-5
Triple jump	42-6
High jump	6-1
Pole vault	12-3.5

1B Boys

EVENT	FAT
100	11.9
200	23.87
400	53.04
800	2:05.34
1600	4:49.41
3200	10:41.62
HH	17.12
IH	42.95
400 relay	46.40
1600 relay	3:42.34
Shot put	43-5
Discus	127-9
Javelin	157-11
Long jump	19-10
Triple jump	40-1.5
High jump	5-10
Pole vault	11-1

2B Girls

EVENT	FAT
100	13.07
200	26.53
400	1:00.46
800	2:25.42
1600	5:22.24
3200	11:46.31
HH	16.42
LH	47.52
400 relay	52.12
800 relay	1:49.34
1600 relay	4:16.44
Shot put	36-6.5
Discus	113-12
Javelin	119-2
Long jump	16-7.5
Triple jump	33-7.7
High jump	5-1.5
Pole vault	8-11

1B Girls

EVENT	FAT
100	13.44
200	27.40
400	1:02.42
800	2:30.06
1600	5:38.10
3200	12:45.67
HH	17.56
LH	50.79
400 relay	54.14
800 relay	1:55.54
1600 relay	4:26.38
Shot put	32-1.5
Discus	99-8
Javelin	105-10
Long jump	15-5
Triple jump	32-5
High jump	4-10
Pole vault	7-8.5