

## 2019 Class 3A girls state-qualifying standards

(All track times FAT)

<b>3,200-meter relay</b>	<b>9:36.13</b>
<b>400-meter relay</b>	<b>49.21</b>
<b>3,200-meter run</b>	<b>11:09.00</b>
<b>100-meter high hurdles</b>	<b>15.53</b>
<b>100-meter dash</b>	<b>12.53</b>
<b>800-meter run</b>	<b>2:19.11</b>
<b>800-meter relay</b>	<b>1:45.04</b>
<b>400-meter run</b>	<b>59.22</b>
<b>300-meter low hurdles</b>	<b>46.67</b>
<b>1,600-meter run</b>	<b>5:08.84</b>
<b>200-meter dash</b>	<b>25.78</b>
<b>1,600-meter relay</b>	<b>4:04.33</b>
<b>High jump</b>	<b>5-3</b>
<b>Long jump</b>	<b>17-7</b>
<b>Triple jump</b>	<b>36-2</b>
<b>Shot put</b>	<b>38-5</b>
<b>Discus</b>	<b>118-5</b>
<b>Pole vault</b>	<b>10-3</b>