

Boys

Region 1D Outdoor Track Standards 2025

100 meters – 12.07

200 meters – 24.90

400 meters – 55.42

800 meters – 2:21.60

1,600 meters – 5:31.80

3,200 meters – 13:03.60

110 hurdles – 19.77

300 hurdles – 47.35

4 x 100 relay – 48.95

4 x 400 relay – 4:08.40

4 x 800 relay – 10:36.61

High Jump – 5-4.50

Long Jump – 18-1

Triple Jump – 37-3.25

Shot Put – 40.6

Discus – 102-6.25

Pole Vault – 7-7