## **DOWNERS GROVE SOUTH BOYS TRACK & FIELD**



## **COMPETITION STANDARDS OUTDOORS**

BOYS	D Standard  Developmental  First Year Standard  Success Range		C Standard Junior Varsity F/S WSG Gold Standard Success Range		B Standard Varsity WSC Gold Standard Success Range		A Standard Varsity State Meet Standard Success Range	
EVENT	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
100m	13.5	12.5	12.5	11.8	11.8	11.00	11.00	10.60
110H	22.00	20.00	20.00	17.50	17.50	15.50	15.50	14.50
200M	26.00	25.50	25.50	24.50	24.50	22.50	22.50	21.50
300H	54.00	52.00	52.00	46.00	46.00	42.00	42.00	38.00
400M	1:01.00	59.00	59.00	55.00	55.00	50.00	50.00	48.00
800M	2:35.00	2:25.00	2:25.00	2:12.00	2:12.00	2:00.00	2:00.00	1:54.00
1600M	6:00.00	5:25.00	5:25.00	4:50.00	4:50.00	4:30.00	4:30.00	4:15.00
3200M	13:00.00	11:50.00	11:50.00	10:40.00	10:40.00	9:50.00	9:50.00	9:13.00
4x100M	4900	47.00	47.00	45.00	45.00	43.00	43.00	41.70
4x200M	1:44.50	1:40.00	1:40.00	1:36.00	1:36.00	1:32.00	1:30.00	1:26.50
4x400M	3:45.00	3:40.00	3:40.00	3:35.00	3:35.00	3:30.00	3:30.00	3:20.00
4x800M	9:50.00	9:25.00	9:25.00	8:50.00	8:50.00	8:25.00	8:25.00	7:50.00
	METERS	FEET	METERS	FEET	METERS	FEET	METERS	FEET
Long Jump	5.18m	17ft	5.49m	18ft	6.10m	20ft	6.75m	22ft 2in
Triple Jump	10.36m	34ft	11.28m	37ft	12.19m	40ft	13.41m	44ft
High Jump	1.52m	5ft	1.65m	5ft 5in	1.83m	6ft	1.88m	6ft 2in
Pole Vault	2.13m	7ft	2.74m	9ft	3.35m	11ft	4.27m	14ft
Shot Put	9.14m	30ft	10.67m	35ft	12.19m	40ft	15.57m	51ft 1in
Discus	27.43m	90ft.	30.48m	100ft	33.53m	110ft	46.51m	153ft 3in

A Standard **B** Standard **C** Standard **D** Standard

**Below D Standard** 

The athlete has what it takes to score varsity points at Sectionals and State Meet
The athlete has what it takes to score points at the WSC Gold Championships
The athlete has what it takes to score points at the WSC Gold Championships (F/S Level)

1st year athlete are allowed to compete in developmental/open meets
This athlete falls below competition standard, but allowed to compete in developmental/open meets

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COMPETITION STANDARDS
OUTDOORS