

2023 INDOOR TRACK STANDARD

Event	Jefferson	Region 4D	Class 4	NB Ch / RS / FR / MS	Nat Event
Girls 55 Meter Dash	7.93	7.81	7.55	7.21 / 7.58 / 7.66 / 8.16	60m
Girls 300 Meter Dash	47.24	45.70	42.84	40.50 / 42.99	200
Girls 500 Meter Dash	1:30.31	1:28.30	1:22.25	1:16.0 / 1:20.0 / 1:26 / 1:32.5	400
Girls 1000 Meter Run	3:29.45	3:25.00	3:10.61	2:58.0 / 3:05 / 3:16	800
Girls 1600 Meter Run	5:56.78	5:48.20	5:23.77	5:03.00 / 5:13 / 5:28.5 / 5:50.0	Mile
Girls 3200 Meter Run	13:14.26	12:41.30	11:40.38	11:06.0 / 11:36.0	2 Mile
Girls 55 Meter Hurdles	10.35	10.20	9.16	8.35 / 8.94	60m
Girls Pole Vault	8-3	8-3	9-00.00	11-11.5 / 11-3	
Girls High Jump	4-6	4-6	4-10.00	5-4 / 5-0	
Girls Long Jump	15-2.25	15-2	16-07.75	18-4 / 17-0 / 15-10 / 13-8	
Girls Triple Jump	30-0.5	32-0	34-05.75	37-5 / 34-1	
Girls Shot Put	26-2.75	28-0	33-04.75	41-4 / 35-0	
Girls 4x200	One team	One team	1:50.11	1:45 / 1:51	
Girls 4x400	One team	One team	4:16.57	4:04 / 4:14	
Girls 4x800	One team	One team	10:16.75	9:40 / 10:00	
Girls 5000				18:30	
4 x Mile				22:00	
1600 Medley				4:19.50 / 4:27	2-2-4-8
DMR				12:35 / 12:45	12-4-8-16