

Monroe County Track & Field Standards
Must be on the Leader Board

Event	Boys				Girls			
	<u>Varsity</u>		<u>Varsity B Cutoff</u>		<u>Varsity</u>		<u>Varsity B Cutoff</u>	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
100m	11.84	11.6	11.64	11.4	13.74	13.5	13.44	13.2
200m	24.04	23.8	23.74	23.5	28.74	28.5	27.24	27.0
400m	55.24	55.0	54.24	54.0	66.44	66.2	65.24	65.0
800m	2:09.24	2:09.0	2:07.24	2:07.0	2:35.24	2:35.0	2:28.24	2:28.0
1500m					5:20.14	5:19.9	5:10.24	5:10.0
1600m	4:50.24	4:50.0	4:47.24	4:47.0				
3000m					12:00.23	12:00.0	11:40.24	11:40.0
3200m	10:50.24	10:50.0	10:45.24	10:45.0				
100m Hurdles					18.74	18.5	17.94	17.7
110m Hurdles	17.84	17.6	16.94	16.7				
400m Hurdles	65.24	65.0	64.04	63.08	76.24	76.0	73.24	73.0
2000m Steeple					8:40.34	8:40.0	8:15.24	8:15.0
3000m Steeple	11:20.24	11:20.0	11:10.24	11:10.0				
Long Jump	18' 06"		19' 06"		14' 00"		15' 00"	
Triple Jump	38' 00"		39' 00"		30' 00"		31' 06"	
High Jump	5' 04"		5' 08"		4' 06"		4' 08"	
Pole Vault	10' 00"		10' 06"		7' 06"		8' 00"	
Shot Put	35' 00"		40' 00"		27' 06"		29' 00"	
Discus	105' 00"		110' 00"		70' 00"		80' 00"	
Pentathlon	No Standard		No Standard		No Standard		No Standard	
4 x 100m	No Standard		No Standard		No Standard		No Standard	
4 x 400m	No Standard		No Standard		No Standard		No Standard	
4 x 800m	No Standard		No Standard		No Standard		No Standard	

- Each school may enter one athlete per event. To have two or more, all athletes must have met the standard.
- If an athlete has surpassed the JV Cutoff Standards, he/she cannot participate in the JV Championships.