

2020 LHS Track Field Varsity Letter Standards

* Seniors are exempt from standards if they competed in 2 varsity events during the season*

Athletes participating in Post Season - Sectionals and State Competition

Varsity Boys Standards

Sprints	Time	Below
100m	11.35	↓
200m	22.50	↓
400m	52.50	↓

Distance		Below
800m	2:05.00	↓
1600m	4:50.00	↓
3200m	10:55.00	↓

Hurdles		Below
110HH	15.75	↓
300H	43.50	↓

Throws		Above
Shot Put	38'-00	↑
Discus	110'-00	↑

Jumps		Above
Long Jump	21'-00	↑
Triple Jump	41'-00	↑
High Jump	5'-10	↑

Relays		Below
4x100m	44.00	↓
4x400m	3:32.00	↓
4x800m	9:00.00	↓
4x200m	1:35.00	↓
800 SMR	1:40.00	↓
1600 SMR	3:50.00	↓
DMR	12:15.00	↓

Specialty		Below
60m	7.40	↓
60H	9.50	↓
300m	40.00	↓
1200m	3:30.00	↓
1500m	4:35.00	↓

Varsity Girls Standards

Sprints	Time	Below
100m	12.50	↓
200m	26.50	↓
400m	1:00.00	↓

Distance		Below
800m	2:30.00	↓
1600m	5:50.00	↓
3200m	13:00.00	↓

Hurdles		Below
100HH	16.50	↓
300H	51.00	↓

Throws		Above
Shot Put	32'-00	↑
Discus	90'-00	↑

Jumps		Above
Long Jump	16'-00	↑
Triple Jump	33'-00	↑
High Jump	4'-10	↑

Relays		Below
4x100m	51.00	↓
4x400m	4:16.00	↓
4x800m	11:00.00	↓
4x200m	1:35.00	↓
800 SMR	2:05.00	↓
1600 SMR	5:30.00	↓
DMR	15:30.00	↓

Specialty		Below
60m	8.30	↓
60H	10.50	↓
300m	45.00	↓
1200m	4:30.00	↓
1500m	5:45.00	↓