

2009 Girls Indoor Track Standards			
Event	Liberty	Regional	State
55 Meter Hurdles	10.21	9.28	8.68
55 Meter Dash	7.84	7.58	7.39
300 Meter Dash	45.08	42.76	41.38
500 Meter Dash	1:25.96	1:20.08	1:18.13
1000 Meter Run	3:19.67	3:06.72	3:03.65
1600 Meter Run	5:41.99	5:19.52	5:14.73
3200 Meter Run	12:40.29	11:43.01	11:24.67
High Jump	4'7	5'0	5'2
Pole Vault	6'9	9'4	9'6
Long Jump	14'9	16'8	17'8.5
Triple Jump	30'9.75	34'7.5	36'4.5
Shot Put	27'3.5	33'3	36'7.75
800 Meter Relay		1:50.63	1:41.04
1600 Meter Relay		4:11.33	4:05.78
3200 Meter Relay		9:55.54	9:43.72

2009 Boys Indoor Track Standards			
Event	Liberty	Regional	State
55 Meter Hurdles	9.06	8.33	7.89
55 Meter Dash	7.06	6.74	6.61
300 Meter Dash	38.90	36.92	35.94
500 Meter Dash	1:12.98	1:08.25	1:06.95
1000 Meter Run	2:47.52	2:39.50	2:35.88
1600 Meter Run	4:45.71	4:33.09	4:27.24
3200 Meter Run	10:32.15	9:48.81	9:42.01
High Jump	5'8	6'0	6'3
Pole Vault	9'10	11'11	13'0
Long Jump	18'11.75	20'9	22'1
Triple Jump	38'7.25	41'11	44'9.25
Shot Put	40'6.5	45'11	50'7.75
800 Meter Relay		1:35.91	1:33.27
1600 Meter Relay		3:34.41	3:29.70
3200 Meter Relay		8:20.10	8:11.55