

Northern Region Indoor 2007-08 District/Regional/State Standards

Boys Standards

	Concorde	Liberty	National	Patriot	Regional	State
55 Meter Hurdles	8.83	9.11	9.85		8.34	7.88
55 Meter Dash	6.92	7.07	7.17		6.75	6.61
300 Meter Dash	38:21	39.07	40.07		37.00	35.94
500 Meter Dash	1:11.40	1:13.03	1:14.01		1:08.25	1:07.03
1000 Meter Run	2:43.87	2:48.30	3:00.74		2:39.65	2:35.96
1600 Meter Run	4:36.51	4:47.50	4:54.98		4:32.04	4:27.27
3200 Meter Run	10:05.47	10:37.90	11:17.85		9:48.82	9:42.24
High Jump	5'9"	5'7.5	5'4		6'0"	6'3"
Pole Vault	10'0"	9'8	8'2		11'10"	13'0"
Long Jump	19'10"	18'10.5	18'5		20'9"	22'0.25"
Triple Jump	39'7"	38'3.25	37'5		41'10.5	44'7.5"
Shot Put	40'7"	40'7.75	38'6.5		45'9"	50'8"
800 Meter Relay					1:35.98	1:33.26
1600 Meter Relay					3:34.65	3:29.66
3200 Meter Relay					8:20.94	8:11.76