

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

## Girls Standards

	<b>Concorde</b>	<b>Liberty</b>	<b>National</b>	<b>Patriot</b>	<b>Regional</b>	<b>State</b>
55 Meter Hurdles	9.92	10.27	11.43		9.32	8.70
55 Meter Dash	7.85	7.83	8.05		7.59	7.41
300 Meter Dash	45.03	45.09	46.70		42.76	42.38
500 Meter Dash	1:24.09	1:26.48	1:30.06		1:20.28	1:18.27
1000 Meter Run	3:14.01	3:21.08	3:32.83		3:06.69	3:03.64
1600 Meter Run	5:29.54	5:43.54	6:00.50		5:20.23	5:15.35
3200 Meter Run	12:08.86	12:45.17	13:38.78		11:44.60	11:26.70
High Jump	4'8"	4'7"	4'4"		5'0"	5'2"
Pole Vault	7'6"	6'10"	6'0"		9'5"	9'6"
Long Jump	15'5"	14'9"	13'11.25"		16'8"	17'8.5"
Triple Jump	31'11"	30'9.5"	28'0"		34'7"	36'4.25"
Shot Put	28'10"	27'2.25"	25'3.5"		33'2"	36'10"
800 Meter Relay					1:50.86	1:47.01
1600 Meter Relay					4:11.53	4:05.96
3200 Meter Relay					9:57.48	9:44.99