

2010 Provincial Track and Field Championships

STANDARDS

	<u>JV Girls</u>	<u>Varsity Girls</u>	<u>JV Boys</u>	<u>Varsity Boys</u>
80/100mh	14.90	14.27	17.63	16.82
100m	13.79	13.96	12.44	12.00
200m	29.09	28.92	25.69	24.62
400m	1:06.64	1:07.02	58.87	55.82
800m	2:38.19	2:43.30	2:17.91	2:10.68
1500m	5:35.01	5:44.07	4:47.13	4:34.64
3000m	12:35.13	12:33.12	10:32.96	10:07.47
4 X 100	56.96	57.58	50.06	48.57
4 X 400	4:53.44	4:58.68	4:07.69	3:57.95
S.P.	8.03	8.59	11.77	11.92
DISCUS	22.24	24.72	28.45	33.41
JAV.	23.74	24.40	36.05	41.96
L.J.	4.26	4.40	5.21	5.69
T.J.	9.41	9.67	10.83	11.67
H.J.	1.38	1.39	1.59	1.68
Medley	4:55.80	5:03.24	4:12.15	4:07.59
Tetrathlon	1421	1455	1697	1952