

Walton Competition Standards 2010

The following sets of standards will be used in order to be a part of the Walton Track and Field team this season. There will be multiple trial dates in which athletes may attempt to meet the standards. For each trail, the athlete may choose one event and the coaches may choose one event to attempt to meet a standard.

Event	11th/12th Boys	10th/9th Boys	11th/12th Girls	10th/9th Girls
100m	12.25	12.75	14.00	15.00
200m	25.00	26.50	28.75	31.00
300m	40.00	43.00	46.50	50.00
400m	55.50	1:00.00	1:07.00	1:11.50
600m	1:35.0	1:45.0	2:00.0	2:10.0
800m	2:15.0	2:30.0	2:50.0	3:05.0
1200m	3:33.5	3:57.0	4:25.0	4:47.0
1600m	5:00.0	5:30.0	6:15.0	6:45.0
2400m	8:00.0	8:37.5	10:00.0	10:45.0
3200m	11:15.0	12:00.0	13:45.0	15:00.0
110/100m HH	19.00	21.00	19.00	22.00
300m IH	46.00	49.50	52.50	59.00
Long Jump	18'6"	16'0"	14'0"	13'0"
Triple Jump	37'0"	33'0"	29'0"	27'0"
High Jump	5'8"	5'2"	4'8"	4'2"
Pole Vault	10'0"	8'6"	7'6"	6'6"
Shot Put	38'0"	33'0"	28'0"	25'0"
Discus	100'0"	80'0"	70'0"	60'0"

If you met a standard for your current grade level the previous year, you do NOT need to meet the standard this season to participate. However, you may be asked to do trials to rank you on the team for meets.

These are NOT lettering standards. These are the standards to be able to compete for Walton in meets this season. If you do not meet a standard after the last trial, you will not be a part of the Walton Track and Field program this season.

The coaching staff has the final decision in regards to whom will represent Walton at meets and in what events athletes will compete in.