

Approved during the January 29-30, 2017 meeting

	4A		3A		2A		1A		2B		1B	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
<b>100m</b>	12.66	11.20	12.64	11.16	12.81	11.28	13.05	11.42	13.15	11.80	13.70	11.97
<b>200m</b>	25.65	22.58	25.73	22.62	26.06	22.75	26.52	23.09	27.20	23.45	28.38	24.29
<b>400m</b>	58.11	49.97	58.06	50.58	59.39	50.55	60.39	51.55	1:02.53	52.46	1:05.05	53.88
<b>800m</b>	2:15.34	1:55.23	2:17.83	1:55.57	2:20.76	1:57.17	2:24.23	2:01.06	2:30.33	2:02.59	2:37.43	2:10.27
<b>1600m</b>	5:00.84	4:15.93	4:59.14	4:17.67	5:12.35	4:20.19	5:20.79	4:31.39	5:27.70	4:34.79	6:06.77	4:55.88
<b>3200m</b>	11:00.76	9:16.52	11:12.81	9:19.78	11:29.47	9:28.26	11:42.11	10:01.89	12:15.22	10:12.01	13:48.13	11:03.46
<b>100H/110H</b>	15.17	14.89	15.77	15.59	15.88	15.42	16.55	16.03	16.83	16.50	18.00	17.50
<b>300H</b>	45.34	39.59	46.59	40.62	47.22	40.16	47.58	41.53	49.31	42.77	51.86	43.65
<b>4x100m Relay</b>	49.28	43.13	49.78	43.49	50.41	43.71	50.92	44.50	52.77	45.45	55.00	46.57
<b>4x200m Relay</b>	1:43.29	N/A	1:45.40	N/A	1:45.93	N/A	1:47.86	N/A	1:51.77	N/A	1:56.30	N/A
<b>4x400m Relay</b>	3:59.71	3:24.41	4:02.27	3:25.04	4:07.35	3:27.96	4:10.65	3:31.61	4:19.87	3:33.95	4:34.41	3:44.36
<b>Long Jump</b>	17'07.25"	21'07.50"	17'02.5"	21'02"	16'09.5"	21'00.5"	16'10.5"	20'06.75"	16'01"	20'05.5"	14'10.5"	19'08.5"
<b>Triple Jump</b>	36'06.25"	43'11.75"	35'10.25"	43'08.75"	35'03.75"	42'10.5"	34'09.5"	42'02"	33'03.5"	40'08"	30'08.75"	39'0.5"
<b>High Jump</b>	5'03"	6'04"	5'02"	6'03"	5'01"	6'02"	5'02"	6'01"	4'11"	6'00"	4'09"	5'08"
<b>Pole Vault</b>	10'09"	13'10"	11'00"	13'08"	10'06"	13'09"	9'06"	13'00"	7'10"	11'01"	7'00"	10'04"
<b>Shot Put</b>	38'10.5"	52'03.75"	37'11.5"	50'04"	36'07"	50'04.5"	36'06.5"	49'07.5"	34'04"	45'11.25"	31'01.75"	39'11.5"
<b>Discus Throw</b>	121'04"	153'05"	118'11"	149'10"	113'03"	150'00"	109'11"	144'06"	108'00"	141'10"	93'00"	116'11"
<b>Javelin Throw</b>	127'04"	176'10"	120'00"	169'07"	116'01"	165'03"	116'09"	163'00"	115'05"	155'10"	98'04"	143'06"

**PROCEDURE:**

1. Marks are taken from the previous five years of state results. Only the middle three marks from these years are used in the calculations of averages (the high and low outliers are thrown out.)
2. Running event averages not ending in an even zero at the hundredths place are rounded down to the next lowest hundredth.
3. Shot Put and horizontal jumps averages not ending on an even 1/4" are rounded up to the next highest 1/4".
4. Vertical jumps, Discus, and Javelin averages not ending on an even inch are rounded up the the next highest inch.
5. These marks have been indendepently vetted by multiple parties. If, however, there is an apparent discrepency, please send notice and explanation to eagerk (at) gmail (dot) com. Accuracy is of the utmost imp

Sincerely,

**The Washington State Track and Field Coaches Association**