

NEW THIS YEAR: WHEELCHAIR AND AMBULATORY STANDARDS CAN BE FOUND ON THE FAR RIGHT OF THIS PAGE. ---->

2019	4A		3A		2A		1A		2B		1B		Wheelchair		Ambulatory	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100m	12.50	11.12	12.58	11.09	12.65	11.27	13.00	11.56	13.18	11.81	13.86	11.98	40.00	35.00	25.00	21.00
200m	25.38	22.45	25.70	22.57	25.97	22.63	26.36	23.08	27.15	23.55	28.40	24.07	N/A	N/A	53.00	43.00
400m	58.09	50.11	58.57	50.64	59.50	50.72	1:00.20	51.25	1:02.55	52.66	1:04.11	53.34	2:00.00	1:40.00	1:45.00	1:30.00
800m	2:14.84	1:55.09	2:17.04	1:56.98	2:21.77	1:57.62	2:25.36	2:01.06	2:29.85	2:03.38	2:37.74	2:08.92	4:00.00	3:30.00	N/A	N/A
1600m	5:00.88	4:16.53	5:02.56	4:17.84	5:10.55	4:22.06	5:16.00	4:32.24	5:28.74	4:34.74	5:57.97	4:54.57	7:40.00	6:40.00	N/A	N/A
3200m	10:59.45	9:17.84	11:06.72	9:21.88	11:25.41	9:30.60	11:25.77	10:02.16	12:19.66	10:08.44	13:46.88	10:52.26	N/A	N/A	N/A	N/A
100H/110H	15.02	14.96	15.62	15.29	15.72	15.41	16.26	16.30	16.97	16.73	17.93	17.28	N/A	N/A	N/A	N/A
300H	45.49	39.73	46.18	40.37	46.94	40.82	47.44	41.50	48.95	42.84	50.97	43.78	N/A	N/A	N/A	N/A
4x100m Relay	49.22	43.11	49.89	43.84	50.47	43.85	50.84	44.43	52.72	45.53	54.65	46.57	N/A	N/A	N/A	N/A
4x200m Relay	1:42.85	N/A	1:45.50	N/A	1:46.67	N/A	1:47.93	N/A	1:52.24	N/A	1:55.78	N/A	N/A	N/A	N/A	N/A
4x400m Relay	3:58.88	3:26.21	4:03.46	3:25.46	4:07.31	3:29.07	4:11.43	3:30.74	4:18.69	3:33.86	4:35.00	3:44.01	N/A	N/A	N/A	N/A
Long Jump	17'07.75"	22'00.00"	17'02.75"	21'07.50"	17'00.50"	21'06.25"	16'10.5"	21'02.50"	16'01.50"	20'06.75"	15'03.50"	19'10.00"	N/A	N/A	N/A	N/A
Triple Jump	36'11.50"	44'06.00"	35'09.50"	44'04.25"	35'05.50"	43'01.00"	34'11.25"	42'05.00"	33'04.75"	40'08.00"	31'03.75"	39'09.00"	N/A	N/A	N/A	N/A
High Jump	5'03"	6'04"	5'02"	6'02"	5'02"	6'02"	5'02"	6'00"	4'10"	6'00"	4'10"	5'08"	N/A	N/A	N/A	N/A
Pole Vault	11'00"	14'00"	11'03"	14'00"	10'08"	1306	9'10"	13'00"	8'06"	11'05"	7'08"	10'06"	N/A	N/A	N/A	N/A
Shot Put	38'11.25"	52'04.25"	38'03.25"	50'07.00"	36'09.50"	50'07.75"	36'03.00"	49'07.50"	34'08.50"	46'10.75"	32'04.25"	41'01.75"	6'03"	10'05"	9'00"	16'05"
Discus Throw	123'09"	152'09"	120'03"	149'10"	111'01"	146'01"	111'01"	144'06"	108'05"	143'08"	98'09"	118'09"	14'00"	20'05"	20'00"	43'00"
Javelin Throw	124'11"	177'00"	118'03"	168'03"	121'06"	168'01"	117'08"	161'04"	119'04"	159'01"	104'05"	146'01"	21'00"	35'00"	25'00"	47'5"

N/A - Not applicable (event not contested in that division.)

**PROCEDURE FOR ABLE BODIED EVENTS:**

1. Marks are taken from the previous five years of state results using the 6th place mark. 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 discrepancy, please send notice and explanation to wstfca prez (at) gmail (dot) com. Accuracy is of the utmost importance.

Sincerely,

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