

2016 West High

Track and Field (9th grade) Requirements

	Boys	Girls
100m	13.5	14.5
200m	27	35
400m	63	73
800m	2:31	2:55
1600m	5:45	6:45
3200m	12:30	14:30
110/100hh	21.1	22.1
300h	52.1	59.1
High Jump	4'8"	3'10"
Long Jump	15'	12'
Triple Jump	30'	25'
Shot Put	31'	21'
Discuss	70'	50'
Pole Vault	Coach Mancia will decide	