

2016 West High

Track and Field (10th-12th) Requirements

	Boys	Girls
100m	12.2	13.4
200m	24.9	28.2
400m	55.9	65
800m	2:11	2:37
1600m	5:15	6:15
3200m	10:50	13:10
110/100hh	19.1	20.4
300h	46.9	52.9
High Jump	5'	4'4"
Long Jump	18'	15'
Triple Jump	34'	30'
Shot Put	36'	26'5"
Discuss	85'	65'
Pole Vault	9'6"	7'6"