

# Leesville Road High School

## Track & Field

### 2008 Outdoor Track & Field NCHSAA Regional Qualifying Standards

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
3200m Relay	10:30	8:30
100/110m Hurdles	16.5	15.5
100m	12.7	11.0
800m Relay	1:52.5	1:31.5
1600m	6:00	4:35
400m Relay	54.0	43.5
400m	1:02.5	51.5
300m Hurdles	52.0	42.0
800m	2:33	2:03
200m	27.0	22.5
3200m	13:00	10:20
1600m Relay	4:29	3:33
Shot Put	32'3"	48'
Discus	92'	135'
Long Jump	16'	21'6"
Triple Jump	34'	43'
High Jump	5'	6'2"
Pole Vault	8'	11'6"