

## 2019 VHSL Class 4 Outdoor T & F Standards

Events	Girl's Standards		Boy's Standards	
	Region "A"	State	Region "A"	State
100m dash	13.02	12.87	11.43	11.32
200m dash	26.81	25.97	23.16	22.50
400m dash	1:01.03	1:00.27	51.64	51.08
800m run	2:30.06	2:23.09	2:03.72	1:59.66
1,600m run	5:37.57	5:20.83	4:43.39	4:29.25
3,200m run	12:43.30	11:39.06	10:33.87	9:59.05
100/110m hurdles	17.17	15.80	16.61	15.43
300m hurdles	49.03	46.92	42.36	40.54
4 x 100m relay		50.12		43.45
4 x 400m relay		4:10.92		3:29.67
4 x 800m relay		9:58.07		8:14.98
Pole Vault	7'-00.00"	9'-03.00"	8'-09.00"	11'-09.00"
High Jump	4'-07.00"	5'-00.00"	5'-10.00"	6'-00.00"
Long Jump	15'-11.00"	16'-11.00"	20'-04.50"	20'-08.75"
Triple Jump	33'-03.50"	35'-04.75"	41'-06.75"	43'-11.25"
Shot Put	33'-01.50"	35'-01.75"	43'-05.25"	47'-11.25"
Discus	92'-03"	109'-02"	124'-10"	139'-01"