



2016 Lady Vikings – Varsity Standards



<i>Event</i>	<i>Girls Varsity Standard</i>
100m Dash	13.6
110m Hurdles	18.0
200m Dash	28.1
300m Hurdles	52.5
400m Dash	64.0
800m Run	2:38
1600m Run	5:55
3200m Run	13:00
Shot Put	29'5"
Discus	90'0"
Long Jump	15'0"
Pole Vault	8'0"
High Jump	4'8"

Other Ways to earn a Varsity letter...

- #1 Score 15 Points throughout the course of the season.
You will be given the points you are awarded at any Varsity meet.*
- #2 Participate in 80% of the Varsity Track Meets (usually Invitational's)*
- #3 Participate in the MSL Championship or District Championship*