



2016



Qualifying Standards

	<u>Girls A</u>	<u>Boys A</u>
100m Dash	13.6	11.53
200m Dash	27.33	23.41
400m Dash	1:01.01	52.29
800m Run	2:27.20	2:06.33
1600m Run	5:29.49	4:44.55
3200m Run	12:11.57	10:35.19
100/110m Hurdles	16.30	16.07
300m Hurdles	48.64	42.48
400m Relay	52.45	45.08
800m Relay	1:50.68	1:34.29
Medley Relay	4:32.00	3:48.17
1600m Relay	4:15.88	3:34.50
3200m Relay	10:13.44	8:44.32
Shot Put	36' 0"	48' 5"
Discus	111' 5"	142' 3"
High Jump	4' 11"	5' 11"
Long Jump	16' 1"	20' 4"
Triple Jump	33' 6"	40' 10"
Pole Vault	8' 3"	10' 9"

SDHSAA Region 3A Track and Field Meet

Baltic, South Dakota

May 19, 2016

FIELD EVENTS

1:00 PM

GIRLS DISCUS
 BOYS SHOT PUT
 BOYS LONG JUMP
 GIRLS HIGH JUMP
 GIRLS TRIPLE JUMP

2:15 P.M.

GIRLS SHOT PUT
 BOYS DISCUS
 GIRLS LONG JUMP
 BOYS HIGH JUMP
 BOYS TRIPLE JUMP

BOYS & GIRLS POLE VAULT HELD IN Sioux Falls ON TUESDAY

RUNNING EVENTS

2:00 100M HURDLES (PRELIMS) - GIRLS
 2:10 110M HURDLES (PRELIMS) - BOYS
 2:20 3200M RELAY (FINALS) - BOYS
 2:35 100M DASH (PRELIMS) - GIRLS
 2:45 100M DASH (PRELIMS) - BOYS
 2:55 3200M RELAY (FINALS) - GIRLS

BREAK

4:00 100M HURDLES - GIRLS
 4:05 110M HURDLES - BOYS
 4:10 100M DASH - GIRLS
 4:15 100M DASH - BOYS
 4:20 800M RELAY - GIRLS
 4:25 800M RELAY - BOYS
 4:30 1600M RUN - GIRLS
 4:40 1600M RUN - BOYS
 4:50 400M RELAY - GIRLS
 4:55 400M RELAY - BOYS
 5:00 400M DASH - GIRLS
 5:10 400M DASH - BOYS
 5:20 300M HURDLES - GIRLS
 5:30 300M HURDLES - BOYS
 5:40 MEDLEY RELAY - GIRLS
 5:50 MEDLEY RELAY - BOYS
 6:00 800M RUN - GIRLS
 6:10 800M RUN - BOYS
 6:20 200M DASH - GIRLS
 6:30 200M DASH - BOYS
 6:40 3200M RUN - GIRLS
 6:55 3200M RUN - BOYS
 7:10 1600M RELAY - GIRLS
 7:20 1600M RELAY - BOYS