

# CENTENNIAL

## INVITATIONAL & TEAM STANDARDS

### GIRLS

	Invitational	Team
100M H.H.	16.40	18.00
300M L.H.	47.90	52.00
100M	12.8	13.50
200M	26.3	28.00
400M	60.5	65.00
800M	2:23.7	2:34.00
1500M	4:57	5:29.00
3000M	11:00	11:45.00
Shot Put	34' 10"	30' 8"
Discus	112'	88' 0"
Javelin	116'	95' 0"
High Jump	5' 2"	4' 8"
Long Jump	16' 6"	14' 9"
Triple Jump	33' 6"	31' 0"
Pole Vault	9'	8' 0"

### BOYS

100M H.H.	15.40	17.00
300M L.H.	41.00	44.00
100M	11.00	11.80
200M	22.50	24.00
400M	51.00	54.00
800M	2:00.0	2:04.00
1500M	4:10.0	4:30.00
3000M	9:10.0	9:50.00
Shot Put	50'	41' 0"
Discus	150'	115' 0"
Javelin	175'	135' 0"
High Jump	6' 2"	5' 9"
Long Jump	21' 6"	18' 6"
Triple Jump	43' 6"	38' 0"
Pole Vault	13'	12' 0"