**2019 OUTDOORS 3RD PERSON IN STANDARDS**

**Add .24 to hand times**

 **GIRLS BOYS**

100m 13.44 11.54

200m 27.94 23.64

400m 63.74 53.44

800m 2:32.74 2:03.74

1600m 5:50.24 4:38.64

Mile 5:52.74 4:40.24

3200/2mile 12:50.24/12:54.74 10:17.24/10:20.24

100/110m Hurdles 18.74 17.24

300IH 53.24 44.24

400IH 73.24 61.24

Long Jump 14’08” 19’06”

Triple Jump 29’06” 39’0”

High Jump 4’04’ 5’06”

Pole Vault 6’06 9’06’

Shot Put 26’0” 42’0”

Discus 72’0” 112’0”

Javelin 72’0” 130’0”