

VCYTC 2009 Varsity Standards

Boys

Girls

| Event | Gremlin | Bantam | Midget | Youth/Int. | * | Gremlin | Bantam | Midget | Youth/Int. |
|------------------------|---------|--------|--------|------------|---|---------|---------|--------|------------|
| 100 M | 16.7 | 15.0 | 13.7 | 12.2 | * | 17.2 | 15.5 | 14.2 | 13.3 |
| 200 M | 36.6 | 32.2 | 29.2 | 25.7 | * | 38.0 | 33.5 | 30.0 | 28.3 |
| 400 M | 1:25 | 1:16 | 1:08 | 59.50 | * | 1:28 | 01:18.5 | 1:10 | 1:06 |
| 800 M | 3:20 | 2:59 | 2:43 | 2:27 | * | 3:30 | 3:07 | 2:53 | 2:42 |
| 1600 M | 7:14 | 6:22 | 5:56 | 5:28 | * | 7:38 | 6:45 | 6:21 | 6:00 |
| 3200 M | --- | --- | 13:12 | 12:08 | * | --- | --- | 14:30 | 13:50 |
| 80 M HURDLES | --- | --- | 16.0 | --- | * | --- | --- | 16.5 | --- |
| 100 M HURDLES | --- | --- | --- | 18.0 | * | --- | --- | --- | 18.3 |
| HIGH JUMP | --- | 3'9" | 4'5" | 5'0" | * | --- | 3'7" | 4'1" | 4'6" |
| <i>Starting Height</i> | --- | 2'11" | 3'7" | 4'2" | * | --- | 2'9" | 3'3" | 3'8" |
| LONG JUMP | 9'8" | 11'9" | 14'0" | 16'5" | * | 9'1" | 11'0" | 12'10" | 14'6" |
| SHOT PUT | --- | 20'8" | 27'0" | 32'9" | * | --- | 16'5" | 23'0" | 27'9" |

Running events are listed as time in minutes, seconds & 100ths of a second. Then rounded up to the nearest 10th of a second.

Field events are measured in feet & inches, and rounded down to the nearest one-quarter inch.

Hurdles:

Midgets = 8 @ 30" high; 1st - at 12 m , spaced at 7.5m, 15.5m to finish = 80m

Youth & int. girls = 10 @ 30"; 1st - at 13m, spaced at 8.0m, 15m to finish = 100m

Youth & int. boys = 10 @ 33"; 1st - at 13m, spaced at 8.5m, 10m to finish= 100m