

2014 VCYTC Varsity Standards

| AGE GROUP | BOYS/GIRLS | EVENT | 2013 VAR STD | 2014 VAR STD |
|-----------|------------|-----------------|--------------|--------------|
| Gremlin | Girls | 100m Dash | 17.31 | 16.69 |
| Gremlin | Girls | 200m Dash | 37.07 | 35.84 |
| Gremlin | Girls | 400m Dash | 01:25.0 | 01:23.6 |
| Gremlin | Girls | 800m Run | 03:29.0 | 03:14.9 |
| Gremlin | Girls | 1600m Run | 07:25.0 | 07:16.4 |
| Gremlin | Girls | Long Jump | 9-04.00 | 9-02.00 |
| Gremlin | Boys | 100m Dash | 16.56 | 16.78 |
| Gremlin | Boys | 200m Dash | 36.04 | 35.7 |
| Gremlin | Boys | 400m Dash | 01:23.0 | 01:22.1 |
| Gremlin | Boys | 800m Run | 03:16.0 | 03:05.6 |
| Gremlin | Boys | 1600m Run | 07:02.0 | 06:37.0 |
| Gremlin | Boys | Long Jump | 9-05.00 | 9-11.00 |
| Bantam | Girls | 100m Dash | 15.18 | 14.95 |
| Bantam | Girls | 200m Dash | 32.62 | 31.93 |
| Bantam | Girls | 400m Dash | 1:16 | 01:14.2 |
| Bantam | Girls | 800m Run | 3:00 | 02:54.2 |
| Bantam | Girls | 1600m Run | 6:39 | 06:17.8 |
| Bantam | Girls | High Jump | 3-07.00 | 3-08.00 |
| Bantam | Girls | Long Jump | 11-05.00 | 11-08.00 |
| Bantam | Girls | Shot Put 6 lb. | 16-06.00 | 17-07.00 |
| Bantam | Boys | 100m Dash | 14.95 | 14.53 |
| Bantam | Boys | 200m Dash | 31.96 | 30.59 |
| Bantam | Boys | 400m Dash | 01:15.0 | 01:11.6 |
| Bantam | Boys | 800m Run | 02:52.0 | 02:48.6 |
| Bantam | Boys | 1600m Run | 06:17.0 | 06:01.1 |
| Bantam | Boys | High Jump | 3-10.00 | 3-09.00 |
| Bantam | Boys | Long Jump | 11-10.00 | 12-04.00 |
| Bantam | Boys | Shot Put 6 lb. | 21-09.00 | 21-10.00 |
| Midget | Girls | 100m Dash | 13.93 | 14.11 |
| Midget | Girls | 200m Dash | 29.57 | 29.55 |
| Midget | Girls | 400m Dash | 1:09 | 01:07.9 |
| Midget | Girls | 800m Run | 2:51 | 02:43.5 |
| Midget | Girls | 1600m Run | 6:13 | 05:57.5 |
| Midget | Girls | 3200m Run | 14:01 | 12:59.3 |
| Midget | Girls | 80m Hurdles 30" | 16.09 | 16.08 |
| Midget | Girls | High Jump | 4-01.00 | 4-04.00 |
| Midget | Girls | Long Jump | 13-02.00 | 13-06.00 |
| Midget | Girls | Shot Put 6 lb. | 23-01.00 | 24-04.00 |
| Midget | Boys | 100m Dash | 13.73 | 13.76 |
| Midget | Boys | 200m Dash | 29.1 | 28.79 |
| Midget | Boys | 400m Dash | 01:07.0 | 01:06.4 |
| Midget | Boys | 800m Run | 02:39.0 | 02:36.3 |
| Midget | Boys | 1600m Run | 05:47.0 | 05:38.0 |
| Midget | Boys | 3200m Run | 13:04.0 | 12:28.5 |
| Midget | Boys | 80m Hurdles 30" | 15.3 | 16.08 |
| Midget | Boys | High Jump | 4-04.00 | 4-04.00 |

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|--------------|-------|------------------|----------|----------|
| Midget | Boys | Long Jump | 14-03.00 | 14-01.00 |
| Midget | Boys | Shot Put 6 lb. | 28-03.00 | 26-3.00 |
| Youth | Girls | 100m Dash | 13.33 | 13.29 |
| Youth | Girls | 200m Dash | 28.04 | 27.29 |
| Youth | Girls | 400m Dash | 01:05.0 | 01:03.7 |
| Youth | Girls | 800m Run | 02:38.0 | 02:35.3 |
| Youth | Girls | 1600m Run | 5:55 | 05:50.1 |
| Youth | Girls | 3200m Run | 13:06.0 | 12:57.2 |
| Youth | Girls | 100m Hurdles 30" | 18.1 | 17.69 |
| Youth | Girls | High Jump | 4-06.00 | 4-07.00 |
| Youth | Girls | Long Jump | 14-06.00 | 14-05.00 |
| Youth | Girls | Shot Put 6 lb. | 27-09.00 | 29-09.00 |
| Youth | Boys | 100m Dash | 12.31 | 12.59 |
| Youth | Boys | 200m Dash | 25.56 | 25.79 |
| Youth | Boys | 400m Dash | 58 | 58.4 |
| Youth | Boys | 800m Run | 02:32.0 | 02:21.5 |
| Youth | Boys | 1600m Run | 05:22.0 | 05:17.2 |
| Youth | Boys | 3200m Run | 11:52.0 | 11:48.5 |
| Youth | Boys | 100m Hurdles 33" | 17.3 | 16.08 |
| Youth | Boys | High Jump | 4-11.00 | 4-11.00 |
| Youth | Boys | Long Jump | 16-08.00 | 16-01.00 |
| Youth | Boys | Shot Put 4 kg. | 32-03.00 | 32-06.00 |
| Intermediate | Girls | 100m Dash | 13.33 | 13.29 |
| Intermediate | Girls | 200m Dash | 28.04 | 27.29 |
| Intermediate | Girls | 400m Dash | 01:05.0 | 01:03.7 |
| Intermediate | Girls | 800m Run | 02:38.0 | 02:35.3 |
| Intermediate | Girls | 1600m Run | 5:55 | 05:50.1 |
| Intermediate | Girls | 3200m Run | 13:06.0 | 12:57.2 |
| Intermediate | Girls | 100m Hurdles 30" | 18.1 | 17.69 |
| Intermediate | Girls | High Jump | 4-06.00 | 4-07.00 |
| Intermediate | Girls | Long Jump | 14-06.00 | 14-05.00 |
| Intermediate | Girls | Shot Put 6 lb. | 27-09.00 | 29-09.00 |
| Intermediate | Boys | 100m Dash | 12.31 | 12.59 |
| Intermediate | Boys | 200m Dash | 25.56 | 25.79 |
| Intermediate | Boys | 400m Dash | 58 | 58.4 |
| Intermediate | Boys | 800m Run | 02:32.0 | 02:21.5 |
| Intermediate | Boys | 1600m Run | 05:22.0 | 05:17.2 |
| Intermediate | Boys | 3200m Run | 11:52.0 | 11:48.5 |
| Intermediate | Boys | 100m Hurdles 33" | 17.3 | 16.08 |
| Intermediate | Boys | High Jump | 4-11.00 | 4-11.00 |
| Intermediate | Boys | Long Jump | 16-08.00 | 16-01.00 |
| Intermediate | Boys | Shot Put 4 kg. | 32-03.00 | 32-06.00 |