WHITTIER TRACK & FIELD

RECRUITING STANDARDS

EVENT	MALE	FEMALE
100/110h	11.4/16.5	31.1/16.0
200/300h	23.0/44.0	27.0/50.0
400h	52.3/60.0	1:03.2/1:09
800m	2:04	2:35
1500m	4:20	5:30
1600m	4:45	6:00
3K Steeple	10:20	13:00
5000m	16:00	21:00
10000m	33:00	43:00
Long Jump	20'6"/6.25m	16'6"/5.03m
Triple Jump	41'6"/12.65m	35'/10.67m
High Jump	5'11"/1.8m	5'/1.5m
Shot	30'/9.14m	28'/8.53m
Discus	115'/35.1m	85'/25.9m
Javelin	131'/40m	92'/28m
Hammer	98'/30m	91'/28m
XC 2-Mile	N/A	13:00
XC 3-Mile	17:00	21:00
XC 5K	17:00	22:00
Pole Vault	10'/3.0m	9'/3.0m