

## **Lettering Standards at PLSHS**

100 Meter Dash: 11.49

110 High Hurdles: 16.50

200 Meter Dash: 23.99

300 Intermediate Hurdles: 43.90

400 Meter Dash: 54.90

800 Meter Run: 2:10.0

1600 Meter Run: 4:53.0

3200 Meter Run: 10:37.0

Discus: 125'0

Shot Put: 45'0

Pole Vault: 11'6

High Jump: 5'9

Long Jump: 19'0

Triple Jump: 39'0