

Uniform Standards

Track & Field

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McEachern Track and Field sets standards that need to be met in order to receive a uniform and compete during the season on a varsity level. We will have trial dates that will give you the opportunity to meet these standards. Trials will be held in late February and in early March. We will continue to hold a trial each week in March. Seniors that made standards last spring will not need to make a standard, but must go through trials. Times may vary with the weather.

Event	Varsity Boys	JV Boys	Varsity Girls	JV Girls
100 M	11.5	11.9	12.85	13.2
200M	22.5	25.0	25.8	27.00
300M	36.5	44.30	46.60	53.00
400M	49.6	56.00	57.0	62.00
600M	1:37.0	1:45.0	2:03.0	2:10.0
800M	2:10	2:25.0	2:38.0	2:45.0
1200M	3:53.0	4:05.0	4:30.0	4:50.0
1600M	4:45	5:00.0	5:42.0	6:00.0
2400M	8:10.0	8:45.0	10:00.0	11:00.0
3200M	9:40	11:35.0	11:35.0	15:00.0
60H	9.00	10.00	10.00	11.00
110/100H	15.00	18.00	16.2	17.50
200H	22.5	32.50	35.00	40.00
300H	39.60	46.20	46.50	50.00
Field Events				
Long Jump	21'6"	19'	16'10"	14'10
Triple Jump	45'	42'	35'	32'0
High Jump	6'4"	5'8"	5'	4'6
Pole Vault	11'0	9'	8'	7'
Shot Put	45'0	35'0	38'	32'
Discus	130'	100'	120'	80'