



***DO YOU HAVE
WHAT IT TAKES
TO RUN VARSITY?***

Below are the time, distance, and height requirements to qualify for a place on the varsity team. In addition, you must be the top 3 in your event AND the coach must feel you are ready to compete at that level.

100M: 13 seconds

200M: 27.3 seconds

400M: 63 seconds

800M: 2:30 minutes

1600M: 5:45 minutes

3200M: 12:30 minutes

100M Hurdles: 17 seconds

300M Hurdles: 49 seconds

Long Jump: 16-5 feet

Triple Jump: 33 feet

High Jump: 5 feet

Pole Vault: 8-6 feet

Shot Put: 30 feet

Discus: 90 feet