Varsity Elite	State Qualifier; Possible Podium
Varsity High Level	Can Score big pts @ Big Meets; State Qualifying Potential
Varsity Competitive	Marks that routinely score Varsity Pts for our team

Varsity Standard	Performances that build depth & will add pts to any Varsity Score
HI JV / Low Var	Have Potential at Varsity level. Highly competitive in JV
JV Competitive	Valuable Marks that will routinely scre JV Pts for our team

100	100H	200	300H	400	800	1600	3200	4x1	4x2	4x4	4x8	PV	SP	Disc	HJ	LJ	TJ
12.08	15.04	24.75	45.07	57.25	2:15	5:00	10:49	49	1:43.63	4:00	9:16	11' 9"	44'	145'	5'8.5	18'2	37'9
12.23	15.22	25.1	45.64	57.88	2:16	5:04	11:03	49.44	1:44.51	4:02	9:21	11' 6"	42'	135'	5'7.25	17'10	37'2
12.38	15.39	25.45	46.2	58.51	2:18	5:08	11:15	49.87	1:45.38	4:04	9:32	11'	40'	125'	5'6	17'6	36'7
12.53	15.57	25.8	46.76	59.13	2:19	5:15	11:23	50.31	1:45.25	4:06	9:40	10"	39'	120'	5'5	17'2	35'11
12.68	15.75	26.15	47.32	59.75	2:20	5:20	11:36	50.75	1:47.13	4:07	9:53	9' 9"	38'	115'	5'3.5	16'9	35'4
12.82	15.92	26.5	47.88	60.38	2:23	5:24	11:47	51.19	1:48.00	4:09	10:02	9' 6"	37'	110'	5'2	16'4	34'8
12.98	16.1	26.85	48.44	61	2:25	5:30	12:02	51.63	1:48.87	4:11	10:16	9'	36'	105'	5'1	16'	34'1
13.13	16.27	27.2	49.01	61.63	2:27	5:36	12:15	52.07	1:49.75	4:13	10:27	8' 6"	35'	100'	5'	15'7	33'5
13.27	16.45	27.55	49.57	62.25	2:29	5:41	12:29	52.51	1:50.62	4:15	10:39	8' 3"	34'	95'	4'10	15'3	32'10
13.42	16.62	27.9	50.13	62.88	2:31	5:46	12:42	52.94	1:51.47	4:17	10:50	8'	32'	90'	4'9	14'11	32'2
13.57	16.8	28.25	50.69	63.5	2:32	5:52	12:55	53.38	1:52.37	4:19	11:03	7' 6"	30'	87' 6"	4'8	14'6	31'7
13.72	16.97	28.6	51.25	64.13	2:34	5:56	13:08	53.82	1:53.25	4:21	11:15	7'	29'	85'	4'7	14'2	30'11
13.87	17.15	28.95	51.8	64.75	2:36	6:00	13:21	54.26	1:54.12	4:22	11:24	6' 6"	28'	82' 6"	4'6	13'9	30'4
14.03	17.33	29.3	52.36	65.38	2:38	6:04	13:34	54.7	1:55.00	4:24	11:36	6' 3"	27'	80'	4'4	13'4	29'8
14.17	17.5	29.65	52.94	66	2:40	6:09	13:47	55.14	1:55.87	4:26	11:49	6'	26'	77' 6"	4'3	13'	29'1

NHS Girls Track & Field Performance Standards