

2010 State Track and Field "At-Large" Marks

Boys

100m	10.70
200m	21.56
400m	48.57
800m	1:55.02
1600m	4:14.49
3200m	9:10.47
110HH	14.38
300IH	38.34
4x100 Relay	42.01
4x400 Relay	3:19.64
High Jump	6' 06.00
Pole Vault	15' 0"
Long Jump	22' 06"
Triple Jump	46' 02"
Shot Put	55' 04"
Discus	169' 01"

Girls

100m	11.96
200m	24.40
400m	56.15
800m	2:13.96
1600m	4:57.44
3200m	10:45.62
100HH	14.28
300LH	43.89
4x100	47.66
4x400	3:53.15
High Jump	5' 05.00
Pole Vault	11' 09.00
Long Jump	18' 05"
Triple Jump	38' 10"
Shot Put	40' 11"
Discus	135' 00"