



Recommended Standards

The standard chart below is compiled based on first (1st) place averages from the last five (5) years Berg/Seeger Classic held. The 25% reduction applied to the averages which are the established recommend standards.

Boys

Event	2015	2016	2017	2018	2019	1st Place Average	Standards
100m	11.36	11.12	11.33	11.31	11.74	11.37	14.22
200m	23.67	23.14	23.20	22.96	24.16	23.43	29.28
400m	52.42	51.64	50.33	50.20	54.24	51.77	1:04.71
800m	2:06.24	2:15.11	2:15.31	2:14.41	2:19.52	2:14.12	2:47.65
1600m	4:35.77	5:09.30	5:10.00	5:09.48	5:08.98	5:02.71	6:18.38
3200m	09:41.19	10:25.50	11:14.60	11:20.11	11:19.98	10:48.28	13:30.35
110m Hurdles	16.64	16.23	16.34	15.97	15.42	16.12	20.15
300m Hurdles	44.08	41.86	43.48	42.92	43.15	43.10	53.87
Long Jump	20' 11"	19' 1"	19' 2 3/4"	20' 6 1/2"	20' 8 3/4"	20' 1"	15' 0 3/4"
Triple Jump	40' 4 3/4"	40' 11 3/4"	40' 8 1/2"	40' 6"	42' 5 3/4"	41' 0"	30' 9"
High Jump	5' 7"	5' 9"	5' 10"	6' 3"	6' 4"	5' 11 1/4"	4' 5 1/2"
Shot Put	43' 1 1/4"	45' 3 3/4"	45' 11 1/2"	49' 4 1/4"	54' 10 1/4"	47' 8 1/2"	35' 9 1/4"
Discus	136' 9"	127' 5"	137' 0"	158' 0"	157' 0"	143' 2"	107' 5"
4x100m Relay	44.76	43.89	45.41	47.90	44.83	45.36	56.70
4x200m Relay	1:35.01	1:36.36	1:36.53	1:33.73	1:34.26	1:35.18	1:58.97
4x400m Relay	3:46.40	3:43.10	3:48.21	3:52.75	3:57.01	3:49.49	4:46.87
4x800m Relay	9:46.04	9:31.56	9:32.05	9:40.47	9:47.18	9:39.46	12:04.33

Girls

Event	2015	2016	2017	2018	2019	1st Place Average	Standards
100m	13.25	12.45	13.64	13.00	13.36	13.14	16.43
200m	27.67	26.20	27.84	27.21	28.40	27.46	34.33
400m	1:08.12	1:05.45	1:03.67	1:03.48	1:03.64	1:04.87	1:21.09
800m	3:04.66	2:56.63	2:55.90	2:41.29	2:49.28	2:53.55	3:36.94
1600m	6:50.60	6:40.76	6:32.43	5:57.74	6:14.83	6:27.27	8:04.09
3200m	14:11.92	14:50.30	14:34.04	13:08.54	13:47.10	14:06.38	17:37.97
100m Hurdles	17.57	16.84	18.17	17.65	17.63	17.57	21.97
300m Hurdles	51.96	52.18	52.34	53.65	52.80	52.59	1:05.73
Long Jump	15' 9 1/2"	15' 10"	16' 11 3/4"	16' 9"	15' 6 1/4"	16' 2"	12' 1 1/2"
Triple Jump	29' 6 3/4"	34' 3"	36' 2 3/4"	36' 3"	33' 8 1/2"	34' 0"	25' 6"
High Jump	4' 5"	4' 5"	4' 8"	5' 1"	4' 10"	4' 8"	3' 6"
Shot Put	31' 5 1/4"	29' 11"	28' 6 1/2"	31' 10 1/4"	32' 5 1/4"	30' 10"	23' 1 1/2"
Discus	84' 5"	90' 9"	88' 9"	96' 11"	93' 5"	90' 10"	68' 1"
4x100m Relay	52.71	53.74	53.58	53.04	54.52	53.52	1:06.90
4x200m Relay	1:52.47	1:57.48	2:05.91	1:56.54	1:58.05	1:58.09	2:27.61
4x400m Relay	4:51.78	4:44.00	4:50.62	4:37.41	4:44.15	4:45.59	5:56.99
4x800m Relay	13:08.91	13:39.16	13:26.35	13:25.88	11:58.60	13:07.78	16:24.72