



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	2017	2018	2019	2023	2024	1st Place Average	Standards
100m	11.33	11.31	11.74	11.09	11.86	11.47	14.33
200m	23.20	22.96	24.16	23.36	23.09	23.35	29.19
400m	50.33	50.20	54.24	54.11	49.97	51.77	1:04.71
800m	2:15.31	2:14.41	2:19.52	2:21.39	2:10.15	2:16.16	2:50.19
1600m	5:10.00	5:09.48	5:08.98	5:09.21	4:47.10	5:04.95	6:21.19
3200m	11:14.60	11:20.11	11:19.98	10:28.28	09:57.91	10:52.18	13:35.22
110m Hurdles	16.34	15.97	15.42	17.08	17.10	16.38	20.48
300m Hurdles	43.48	42.92	43.15	45.34	44.95	43.97	54.96
Long Jump	19' 2 3/4"	20' 6 1/2"	20' 8 3/4"	20' 0"	21' 1 1/2"	20' 3 3/4"	15' 2 3/4"
Triple Jump	40' 8 1/2"	40' 6"	42' 5 3/4"	41' 1 1/4"	41' 2 3/4"	41' 2 1/4"	30' 10 3/4"
High Jump	5' 10"	6' 3"	6' 4"	5' 6"	6' 1"	6' 0"	4' 6"
Shot Put	45' 11 1/2"	49' 4 1/4"	54' 10 1/4"	37' 11"	40' 2"	45' 7 3/4"	34' 2 3/4"
Discus	137' 0"	158' 0"	157' 0"	128' 3"	119' 6"	139' 11"	104' 11"
4x100m Relay	45.41	47.90	44.83	46.12	46.56	46.16	57.71
4x200m Relay	1:36.53	1:33.73	1:34.26	1:40.90	1:37.54	1:36.59	2:00.74
4x400m Relay	3:48.21	3:52.75	3:57.01	3:51.70	3:45.83	3:51.10	4:48.87
4x800m Relay	9:32.05	9:40.47	9:47.18	9:49.41	9:49.16	9:43.65	12:09.57

Girls

Event	2017	2018	2019	2023	2024	1st Place Average	Standards
100m	13.64	13.00	13.36	12.37	13.65	13.20	16.51
200m	27.84	27.21	28.40	26.19	29.27	27.78	34.73
400m	1:03.67	1:03.48	1:03.64	1:09.21	1:06.20	1:05.24	1:21.55
800m	2:55.90	2:41.29	2:49.28	2:54.33	3:00.50	2:52.26	3:35.32
1600m	6:32.43	5:57.74	6:14.83	6:40.57	6:46.32	6:26.38	8:02.97
3200m	14:34.04	13:08.54	13:47.10	14:20.40	14:33.65	14:04.75	17:35.93
100m Hurdles	18.17	17.65	17.63	18.13	17.10	17.74	22.17
300m Hurdles	52.34	53.65	52.80	51.34	50.89	52.20	1:05.25
Long Jump	16' 11 3/4"	16' 9"	15' 6 1/4"	14' 11"	16' 1/4"	16' 1/4"	12' 1/4"
Triple Jump	36' 2 3/4"	36' 3"	33' 8 1/2"	29' 10"	30' 5"	33' 3 1/4"	24' 11 1/2"
High Jump	4' 8"	5' 1"	4' 10"	4' 4"	5' 2"	4' 9 3/4"	3' 7 1/4"
Shot Put	28' 6 1/2"	31' 10 1/4"	32' 5 1/4"	27' 11"	29' 9 1/2"	30' 1 1/4"	22' 6 3/4"
Discus	88' 9"	96' 11"	93' 5"	83' 9"	86' 3"	89' 9 3/4"	67' 4 1/4"
4x100m Relay	53.58	53.04	54.52	55.01	55.56	54.34	1:07.92
4x200m Relay	2:05.91	1:56.54	1:58.05	2:00.15	1:58.37	1:59.80	2:29.75
4x400m Relay	4:50.62	4:37.41	4:44.15	5:11.51	4:59.49	4:52.64	6:05.80
4x800m Relay	13:26.35	13:25.88	11:58.60	13:16.00	12:53.19	13:00.00	16:15.00