



Irondequoit High School
Track and Field



Varsity Letter Standards for Boys

<u>Event</u>	<u>Hand Time</u>	<u>F.A.T</u>
100m	11.8	12.04
200m	24.5	24.74
400m	55.5	55.74
110m HH	17.5	17.74
400m IH	1:05.0	1:05.24
800m	2:14.0	2:14.24
1600m	4:55.0	4:55.24
3200m	10:55.0	10:55.24
Steeple	11:10.0	11:10.24
Discus	105-00	
Shot Put	39-00	
Long Jump	18-06	
Triple Jump	38-00	
High Jump	5-06	
Pole Vault	9-06	
Pentathlon	2000 pts.	