



CONSHOHOCKEN ELECTRIC FORCE

2022 Travel Standards

8 Girls	
100m	16.36
200m	34.8
400m	1:20.59
800m	3:10
1500m	6:40
Turbo Jav	24-00
Shot Put	12-00
Long Jump	9-00

10 Girls	
100m	15.16
200m	31.9
400m	1:13.90
800m	2:55
1500m	6:20
Turbo Jav	40-00
Shot Put	17-00
Long Jump	11-00
High Jump	3-02

11 Boys	
100m	14.3
200m	29
400m	1:08.60
800m	2:45
1500m	5:50
3000m	13:30
80m H	15.9
Turbo Jav	65-00
Shot Put	22-00
Discus	60-00
Long Jump	14-00
High Jump	3-06

13 Girls	
100m	13.8
200m	27.5
400m	1:05.20
800m	2:35
1500m	5:50
3000m	13:10
100m H	20.3
200m H	33.1
Javelin	50-00
Shot Put	27-00
Discus	60-00
Long Jump	14-00
High Jump	4-00

14 Boys	
100m	12.7
200m	25.99
400m	58.2
800m	2:30
1500m	5:20
3000m	12:40
100m H	16.2
200m H	28
Javelin	75-00
Shot Put	32-00
Discus	80-00
Long Jump	17-00
High Jump	5-00

8 Boys	
100m	15.9
200m	33.73
400m	1:18.20
800m	3:05
1500m	6:20
Turbo Jav	33-00
Shot Put	14-00
Long Jump	10

10 Boys	
100m	14.7
200m	30.07
400m	1:11.20
800m	2:50
1500m	6:00
Turbo Jav	50-00
Shot Put	18-00
Long Jump	12-00
High Jump	3-04

12 Girls	
100m	14.2
200m	28
400m	1:08.36
800m	2:42
1500m	6:00
3000m	13:30
80m H	16.2
Turbo Jav	60-00
Shot Put	23-00
Discus	50-00
Long Jump	13-00
High Jump	3-06

13 Boys	
100m	13.3
200m	27.57
400m	1:01.10
800m	2:35
1500m	5:30
3000m	12:59
100m H	18.8
200m H	28
Javelin	60-00
Shot Put	29-00
Discus	75-00
Long Jump	16-00
High Jump	4-05

15+ Girls	
100m	12.8
200m	26
400m	1:00.00
800m	2:22
1500m	5:30
3000m	12:59
100m H	18.5
400m H	1:20:64
Javelin	80-00
Shot Put	31-00
Discus	85-00
Long Jump	17-00
High Jump	4-10

9 Girls	
100m	15.85
200m	33.2
400m	1:17.05
800m	3:03
1500m	6:30
Turbo Jav	35-00
Shot Put	13-00
Long Jump	10-00
High Jump	3-00

11 Girls	
100m	14.65
200m	29.1
400m	1:10.54
800m	2:50
1500m	6:10
3000m	14:00
80m H	18
Turbo Jav	50-00
Shot Put	20-00
Discus	40-00
Long Jump	12-00
High Jump	3-04

12 Boys	
100m	13.9
200m	28.88
400m	1:05.20
800m	2:40
1500m	5:40
3000m	13:19
80m H	13.5
Turbo Jav	80-00
Shot Put	25-00
Discus	60-00
Long Jump	15-00
High Jump	3-08

14 Girls	
100m	13.1
200m	26.9
400m	1:02.40
800m	2:28
1500m	5:40
3000m	12:44
100m H	19.2
200m H	31.4
Javelin	60-00
Shot Put	30-00
Discus	75-00
Long Jump	16-00
High Jump	4-06

15+ Boys	
100m	12
200m	23.65
400m	55
800m	2:19
1500m	5:10
3000m	11:27
110m H	24.8
400m H	0.056262
Javelin	85-00
Shot Put	35-00
Discus	90-00
Long Jump	19-00
High Jump	5-05

9 Boys	
100m	15.25
200m	31.58
400m	1:15.05
800m	2:58
1500m	6:10
Turbo Jav	40-00
Shot Put	15-00
Long Jump	11-00
High Jump	3-02