

TIMPANOGOS TRACK AND FIELD CHAMPIONS POINT SYSTEM

100 Meter Dash, No hand times.			
BOYS		GIRLS	
Under 11.34	5	Under 12.96	5
11.34 – 11.49	4	12.96 – 13.24	4
11.50 – 11.75	3	13.25 - 13.55	3
11.76 – 12.29	2	13.56 – 13.99	2
Over 12.30	1	Over 14.00	1

200 Meter Dash, No hand times			
BOYS		GIRLS	
Under 22.96	5	Under 26.47	5
22.96 – 23.49	4	26.47 – 27.24	4
23.50 – 23.99	3	27.25 – 27.99	3
24.00 – 24.49	2	28.00 – 28.99	2
Over 24.50	1	Over 29.00	1

400 Meter Dash, No hand times			
BOYS		GIRLS	
Under 50.51	5	Under 59.48	5
50.51 – 51.74	4	59.48 – 1:01.74	4
51.75 - 54.99	3	1:01.75 – 1:03.99	3
55.00 – 57.99	2	1:04.00 – 1:07.99	2
Over 58.0	1	Over 1:08.00	1

800 Meter Run, No hand times			
BOYS		GIRLS	
Under 1:59.44	5	Under 2:23.22	5
1:59.44 – 2:01.99	4	2:23.22 – 2:27.99	4
2:02.00 - 2:07.99	3	2:28.00 – 2:34.99	3
2:08.00 – 2:14.99	2	2:35.00 – 2:44.99	2
Over 2:15.00	1	Over 2:45.00	1

1600 Meter Run, No hand times			
BOYS		GIRLS	
Under 4:28.40	5	Under 5:20.39	5
4:28.40- 4:39.99	4	5:20.39 – 5:34.99	4
4:40.00 – 4:49.99	3	5:35.00 – 5:44.99	3
4:50.00- 5:09.99	2	5:45.00 – 5:59.99	2
Over 5:10.00	1	Over 6:00.00	1

3200 Meter Run, No hand times			
BOYS		GIRLS	
Under 9:48.77	5	Under 11:37.94	5
9:48.77 – 9:59.99	4	11:37.94 – 11:49.9	4
10:00.0–10:14.99	3	11:50.0 – 12:29.99	3
10:15.0–10:29.99	2	12:30.0 – 12:49.99	2
Over 10:30.0	1	Over 12:50.00	1

100 / 110 Hurdles, No hand times			
BOYS		GIRLS	
Under 15.88	5	Under 16.24	5
15.88 – 17.49	4	16.24 – 19.49	4
17.50 – 18.90	3	19.50– 21.99	3
19.00 – 23.99	2	22.00 – 25.99	2
Over 24.00	1	Over 26.00	1

300 Hurdles, No hand times			
BOYS		GIRLS	
Under 40.93	5	Under 47.67	5
40.93 – 41.99	4	47.67 – 49.99	4
42.00 – 44.99	3	50.00 – 54.99	3
45.00 – 49.99	2	55.00 – 59.99	2
Over 50.00	1	Over 1:00.00	1

High Jump			
BOYS		GIRLS	
Over 6'01"	5	Over 5'01"	5
6'01" – 5'11"	4	5'01" – 4'10"	4
5'10" – 5'06"	3	4'09" – 4'05"	3
5'05" – 5'00"	2	4'04" – 4'00"	2
Under 4'11"	1	Under 3'11"	1

Long Jump			
BOYS		GIRLS	
Over 20'09"	5	Over 16'03"	5
20'09" – 20'00"	4	16'03" – 15'05"	4
19'11" – 18'00"	3	15'04" – 14'06"	3
17'11" – 15'00"	2	14'05" – 12'00"	2
Under 14'11"	1	Under 11'11"	1

Pole Vault			
BOYS		GIRLS	
Over 11'00"	5	Over 7'06"	5
11'00" – 10'00"	4	7'06" – 7'00"	4
9'11" – 9'00"	3	6'11" – 6'06"	3
8'11" – 8'00"	2	6'05" – 6'00"	2
Under 7'11"	1	Under 5'11"	1

Discus			
BOYS		GIRLS	
Over 133'10"	5	Over 100'10"	5
133'10" – 125'00"	4	100'10" – 90'00"	4
124'11" – 110'00"	3	89'11" – 80'00"	3
109'11" – 100'00"	2	79'11" – 70'00"	2
Under 99'11"	1	Under 69'11"	1

Shot Put			
BOYS		GIRLS	
Over 46'01"	5	Over 34'11"	5
46'01" – 40'00"	4	34'11" – 28'00"	4
39'11" – 35'00"	3	27'11" – 21'00"	3
34'11" – 30'00"	2	20'11" – 17'00"	2
Under 29'11"	1	Under 16'11"	1

Javelin			
BOYS		GIRLS	
Over 158'06"	5	Over 107'07"	5
158'06" – 129'00"	4	107'07" – 90'00"	4
128'11" – 120'00"	3	89'11" – 65'00"	3
119'11" – 105'00"	2	64'11" – 55'00"	2
Under 104'11"	1	Under 54'11"	1

ATTENDANCE	
BOYS & GIRLS	
0 Absents, 0 Tardies	5
1-2 Absent, or tardy	4
3-4 Absent, or tardy	3
5-6 Absent, or tardy	2
7-8 Absent, or tardy	1

SERVICE HOURS	
BOYS & GIRLS	
OVER 10	5
10 – 8	4
7.5 – 6	3
5.5 – 4	2
3.5 - 1	1

ACADEMIC GPA	
BOYS & GIRLS	
3.7 – 4.0	5
3.3 – 3.69	4
2.9 – 3.29	3
2.3 – 2.89	2
Under 2.3	1

FUNDRAISING	
BOYS & GIRLS	
Over \$200	5
\$199 - \$175	4
\$174 - \$125	3
\$124- \$75	2
\$74 - \$25	1

LEVELS OF COMPETITIVE EXCELLENCE

CHAMPIONS CLUB +40 POINTS (Warm Ups)

BLUE CLUB 39-35 POINTS (Hoodie)

GREEN CLUB 34-30 POINTS (T-Shirt)

WHITE CLUB 29-15POINTS (Candy Bar)