**Dubuque Hempstead Girls Track and Field**

**Mustang Achievement Standards**

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| **Event** |  | **Performance** |
| **100** | 13.3open | 4x100 Relay 53.5  Sprint Medley 1:58.0 |
| **200** | 27.5 Open | 4x200 Relay 1:54.0 |
| **400** | 1:02.5Open/Relay |  |
| **800** | 2:30 Open/Relay |  |
| **1500** | 5:15 |  |
| **3000** | 11:30 |  |
| **100H** | 16.5 | Shuttle Hurdle Relay 1:10.0 |
| **400H** | 1:11.0 |  |
| **Shot** | 34ft |  |
| **Disc** | 105ft |  |
| **Long Jump** | 15-08ft |  |
| **High Jump** | 4-10 |  |