

Girls

Bennington High School Marks for Awards

Awards will be based upon a point system. Points will be awarded according to your performance. Each time you compete check the chart and see if you score points. For example if you run 13.3 in 100m dash you would earn 3 points.

Types of Awards

*Outstanding Trackster- 24 Points

*MVP- Most Award Points + Letter Points

*Golden Foot Award- 48 Points

*Most Improved

*Badger Burrow Award- 100 points or State Champion

	1	3	5	7	9	11
400 m Relay	1:01.0	:59.0	:57.0	:55.0	:53.0	:51.0
1600 m Relay	4:40.0	4:35.0	4:27.0	4:21.0	4:13.0	4:04.0
3200 m Relay	11:35.0	11:20.0	11:05.0	10:45.0	10:20.0	9:55.0
100 m Dash	:14.0	:13.5	:13.0	:12.8	:12.6	:12.4
200 m Dash	:28.5	:28.0	:27.5	:27.0	:26.5	:26.2
400 m Dash	1:08.0	1:04.0	1:02.0	1:01.0	1:00.0	:59.0
800 m Run	2:40.0	2:35.0	2:28.0	2:25.0	2:22.0	2:20.0
1600 m Run	6:20.0	6:00.0	5:40.0	5:30.0	5:25	5:20.0
3200 m Run	13:15.0	12:45.0	12:15.0	12:00.0	11:50.0	11:45.0
100 m H	:18.5	:17.5	:17.0	:16.5	:16.0	:15.8
300 m H	:58.0	:54.0	:52.0	:50.0	:48.0	:46.0
High Jump	4'6"	4'10"	5'0"	5'2"	5'4"	5'6"
Long Jump	14'5"	15'0"	15'5"	16'0"	16'5"	17'0"
Shot Put	24'5"	29'5"	35'5"	38'5"	40'.5"	41'5"
Triple Jump	29'0"	31'0"	32'1"	33'2"	34'3"	35'4"
Discus	90'0"	95'5"	100'0"	110'0"	115'0"	120'0"
Pole Vault	8'0"	9'0"	9'6"	10'0"	10'2"	10'4"

Boys
Bennington High School Marks for Awards

Awards will be based upon a system. Points will be awarded according to your performance. Each time you compete check the chart and see if you score points. For example if you run 11.6 in 100m dash you would earn 3 points.

Types of Awards

*Outstanding Trackster- 24 Points

*Iron Horse- Most Award Points + Letter Points

*Golden Foot Award- 48 Points

*Most Improved

*Badger Burrow Award- 100 points or State Champion

	1	3	5	7	9	11
400 m Relay	:46.5	:46.0	:45.5	:45.0	:44.5	:44.0
1600 m Relay	4:50.0	4:35.0	4:10.0	3:55.0	3:40.0	3:25.0
3200 m Relay	9:55.0	9:30.0	9:05.0	8:45.0	8:25.0	8:10.0
100 m Dash	:11.9	:11.7	:11.5	:11.3	:11.1	:10.9
200 m Dash	:24.5	:24.2	:23.7	:23.3	:22.9	:22.5
400 m Dash	:56.0	:54.5	:53.0	:52.0	:51.0	:50.0
800 m Run	2:19.0	2:12.0	2:08.0	2:05.0	2:02.0	2:00
1600 m Run	5:15.0	5:00.0	4:50.0	4:45.0	4:38.0	4:32.0
3200 m Run	11:15	10:55	10:30	10:15.0	10:00.0	9:50.0
100 m H	:17.0	:16.8	:16.4	:16.0	:15.8	:15.4
300 m H	:47.0	:45.0	:43.0	:42.0	:41.0	:40.0
High Jump	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"
Long Jump	17'5"	18'5"	19'5"	20'0"	20'5"	21'0"
Shot Put	40'0"	44'0"	46'0"	48'0"	50'0"	52'0"
Triple Jump	38'0"	39'0"	40'0"	42'0"	43'0"	44'0"
Discus	105'0"	125'0"	135'0"	145'0"	155'0"	165'0"
Pole Vault	11'0"	12'0"	12'5"	13'0"	13'4"	14'0"