

COMMIT TO WHAT IT TAKES TO BE THE BEST!  
DISTANCE - TIME - HEIGHT

	2010 IOWA STATE TRACK CUTOFFS	TOP 8 AT STATE
SHOT PUT	35' 4"	37' 7 3/4"
DISCUS	108' 6"	110' 7"
LONG JUMP	15' 9 1/2"	16' 2"
HIGH JUMP	5'	5' 1"
3000 M RUN	11:41.18	10:59.45
4 X 800 RELAY	10:15.39	9:58.37
SHUTTLE HURDLE RELAY	1:11.35	1:09.91
100 M DASH	13.26	12.87
DISTANCE MEDLEY RELAY	4:31.47	4:18.86
400 M DASH	1:03.08	1:00.25
4 X 200 RELAY	1:51.02	1:48.79
800 M DASH	2:30.28	2:23.0
100 M HURDLES	16.62	15.94
200 M DASH	27.76	26.35
400 M HURDLES	1:10.48	1:08.03
SPRINT MEDLEY RELAY	1:56.52	1:52.92
1500 M RUN	5:08.52	5:02.6
4 X 100 RELAY	52.5	50.78
4 X 400 RELAY	4:13.16	4:08.23