

Distance	Girls						Boys					
Grade	3rd	4th	5th	6th	7th	8th	3rd	4th	5th	6th	7th	8th
800m	3:20	3:10	3:00	2:50	2:40	2:35	3:20	3:10	2:55	2:40	2:30	2:20
1600m		7:30	7:15	6:45	6:15	6:00		7:15	6:50	6:15	5:45	5:25
3200m			14:40	14:20	13:30	13:00			14:20	13:30	12:45	11:45