

Good Morning,

I am writing to you today in support of HB156 fairness in girls sports act. Sports was (and still is) a huge part of my life. Running in particular built my confidence up as a young girl and I went on to run NCAA Division I Cross-Country and Track and Field. Running is unique because it is clear-cut and objective. There are no politics about who is better – who gets more playing time, or anything else. The time on the watch doesn't lie – whoever crosses the line first is the best. Similarly, biology doesn't lie. How you feel inside does not change the genetic makeup of your body. It doesn't change that boys and men have a physical advantage over girls and women especially when it comes to sports.

This is common sense, backed by science. But in case that isn't enough, Maryland, just like every other state, sets different standards for male and females to qualify for states. At the bottom of this letter is the table from the 2025 Indoor Track Auto Qualifying standards and the link to the MPSSAA winter bulletin. I took the liberty to copy these numbers into excel and created the table below. The smallest gap in the running events was that boys were at least 10% faster than girls and up to 17% faster. In the field events, the difference was even greater – between 21% and 40% better athletic performance by the boys' group to their female peers. The girls 1600m pace is slower than the boys 3200m pace to qualify, which is say to a girl cannot even run **half** the 3200m race at the pace boys do. No matter what athletic level and what geographical area you go to, you will find the same truth that boys have a biological advantage over girls.

		Division				
		Distance	4A	3A	2A	1A
% Delta (Girls -Boys)/ Girls	55m	-10%	-10%	-11%	-11%	Time measured events - Negative number equates to how much faster boys ran
	55H	-10%	-10%	-13%	-11%	
	300m	-12%	-13%	-14%	-14%	
	500m	-15%	-15%	-15%	-17%	
	800m	-16%	-16%	-16%	-16%	
	1600m	-16%	-16%	-16%	-17%	
	3200m	-15%	-15%	-16%	-16%	Distance measured events - Positive number equates to how much higher / farther boys did compared to girls
	High Jump	21%	21%	25%	21%	
	Shotput	34%	33%	37%	40%	
	Pole Vault	31%	40%	38%	33%	

I am begging you – please do not lie and gaslight our children and tell them anything else. Do not negate all the hard work a girl puts in – only so that she can be beaten by a boy who didn't have to train or prepare at all to beat her. Few things in life are simple. Few things in life are really truly objective. Few things in life can really ever be made fair. This is one of those precious diamonds where we can preserve a fair competitive environment and by doing so, we teach our children that hard work does pay off and that playing by the rules matters.

One last comment I'd like to add. Much of the support for this bill is centered around supporting our girls, but this bill supports our boys too. What lesson are you teaching a young man that he can win a trophy, not through hard work, but by claiming a different gender? Instead of teaching him to develop his strength and to use it wisely, you are teaching him to beat up on the weak as a way to success. The most rewarding victories are the ones we work hard for and earn, and they spur us to work harder to accomplish even greater things. By allowing boys in girls' sports, you are depriving boys of this critical life lesson. Protect our girls, and support our boys too.

Sincerely,

Sara M Fry

ADVANCEMENT STANDARDS FOR PERFORMANCE IN THE 2025 REGION FINALS

Prince George's Sports & Learning Complex

GIRLS				
	4A	3A	2A	1A
55m	7.44	7.45	7.60	7.80
55HH	9.16	9.09	9.63	9.85
300m	41.79	42.29	43.28	43.80
500m	1:20.69	1:21.24	1:22.98	1:25.58
800m	2:25.90	2:27.56	2:30.63	2:35.49
1600m	5:26.51	5:30.34	5:35.47	5:53.93
3200m	11:48.72	12:06.24	12:23.30	13:00.82
4x200	1:49.11	1:50.06	1:51.80	1:55.31
4x400	4:13.74	4:15.95	4:20.79	4:29.68
4x800	10:11.43	10:17.18	10:35.92	10:59.88
HJ	4-10	4-10	4-08	4-08
SP	33-00	32-07	31-02	29-10
PV	8-00	7-06	8-00	7-06

BOYS				
	4A	3A	2A	1A
55m	6.71	6.74	6.76	6.94
55HH	8.22	8.22	8.40	8.79
300m	36.79	36.70	37.18	37.83
500m	1:08.79	1:09.46	1:10.31	1:11.44
800m	2:03.09	2:04.68	2:06.65	2:09.94
1600m	4:34.99	4:37.96	4:42.80	4:54.39
3200m	10:00.42	10:14.43	10:23.11	10:53.24
4x200	1:34.87	1:35.82	1:36.81	1:39.22
4x400	3:34.83	3:36.64	3:39.95	3:44.54
4x800	8:30.62	8:36.22	8:48.73	9:06.38
HJ	5-10	5-10	5-10	5-08
SP	44-03	43-04	42-08	41-08
PV	10-06	10-06	11-00	10-00

Calculations worksheet on next page.

2025 Indoor track MPSSAA Standards						
All track events are in seconds, all field events are in inches						
GIRLS	55m	7.44	7.45	7.6	7.8	
	55H	9.16	9-Jan	9.63	9.85	
	300m	41.79	42.29	43.28	43.8	
	500m	80.69	81.24	82.98	85.58	
	800m	145.9	147.56	150.63	155.49	
	1600m	326.51	330.34	335.47	353.93	
	3200m	708.72	726.24	743.3	780.82	
	HJ	58	58	56	56	
	SP	396	391	374	358	
	PV	96	90	96	90	
Boys		6.71	6.74	6.76	6.94	
		8.22	8.22	8.4	8.79	
		36.79	36.7	37.18	37.83	
		68.79	69.46	70.31	71.44	
		123.09	124.68	126.65	129.94	
		274.99	277.96	282.8	294.39	
		600.42	614.43	623.11	653.24	
		70	70	70	68	
		531	520	512	500	
Raw Delta	55m	-0.73	-0.71	-0.84	-0.86	
	55H	-0.94	-0.87	-1.23	-1.06	
	300m	-5	-5.59	-6.1	-5.97	
	500m	-11.9	-11.78	-12.67	-14.14	
	800m	-22.81	-22.88	-23.98	-25.55	
	1600m	-51.52	-52.38	-52.67	-59.54	
	3200m	-108.3	-111.81	-120.19	-127.58	
	HJ	12	12	14	12	
	SP	135	129	138	142	
	PV	30	36	36	30	
Division						
	Distance	4A	3A	2A	1A	
% Delta	55m	-10%	-10%	-11%	-11%	Time measured events - Negative number equates to how much faster boys ran
	55H	-10%	-10%	-13%	-11%	
	300m	-12%	-13%	-14%	-14%	
	500m	-15%	-15%	-15%	-17%	
	800m	-16%	-16%	-16%	-16%	
	1600m	-16%	-16%	-16%	-17%	
	3200m	-15%	-15%	-16%	-16%	
	HJ	21%	21%	25%	21%	Distance measured events - Positive number equates to how much higher / farther boys did
	SP	34%	33%	37%	40%	
	PV	31%	40%	38%	33%	