

QUALIFYING STANDARDS

ALL TIMES ARE FAT

EVENT	BOYS	GIRLS
<u>TRACK EVENTS</u>		
45 METERS	6.04	6.74
55 METERS**	7.04	8.04
50 METER HURDLES	8.14	9.14
55 METER HURDLES**	8.94	10.04
300 METER DASH**	39.54	46.04
400 METER DASH	53.54	64.54
600 METER RUN**	1:30.04	1:47.04
800 METER RUN	2:05.04	2:29.04
1000 METER RUN**	2:48.04	3:15.04
1500 METER RUN**	(4:28.04)	5:12.04
1600 METER RUN**	4:48.04	(5:30.04)
One Mile RUN	4:50.04	5:32.04
3000 METER RUN**	(9:35.04)	11:15.04
3200 METER RUN**	10:25.04	11:53.04
Two Mile RUN	10:28.54	11:58.04

** Event to be contested

ALL SCHOOLS ARE ALLOWED ONE RELAY TEAM, THERE ARE NO MINIMUM STANDARDS TO ENTER A RELAY.

FIELD EVENTS

EVENT	BOYS	GIRLS
HIGH JUMP	5' 8"	4' 8"
OPENING HEIGHTS	5' 3"	4' 3"
POLE VAULT	11' 0"	8' 0"
OPENING HEIGHTS	10' 0"	7' 0"
SHOT PUT	40' 0"	29' 0"
LONG JUMP	19' 0"	14' 6"
TRIPLE JUMP	39' 0"	30' 0"

There are no minimums for measurement in competition.
All marks in field events will be recorded.

PLEASE NOTE: THERE WILL BE NO EXHIBITION WEIGHT THROW THIS YEAR