

## 2019 Qualifying Standards

	<b>Boys</b>		<b>Girls</b>	
	<u>FAT</u>	<u>HH</u>	<u>FAT</u>	<u>HH</u>
<b>100 M DASH</b>	11.46	11.2	12.99	12.7
<b>200 M DASH</b>	23.00	22.7	26.56	26.3
<b>400 M DASH</b>	51.30	51.0	1:01.37	1:01.1
<b>110 or 100 M HURDLES</b>	15.99	15.7	16.63	16.3
<b>300 M HURDLES</b>	41.28	41.0	48.57	48.3
<b>800 M RUN</b>	1:59.50	1:59.3	2:23.45	2:23.2
<b>1600 M RUN</b>	4:30.35	4:30.1	5:27.52	5:27.3
<b>3200 M RUN</b>	9:58.91	9:58.7	11:55.02	11:54.8
<b>LONG JUMP</b>	21' 2"		16' 8"	
<b>TRIPLE JUMP</b>	42'3"		34' 10"	
<b>HIGH JUMP</b>	6' 0"		5' 2"	
<b>SHOT PUT</b>	47' 8"		37' 6"	
<b>DISCUS</b>	136' 8"		113' 10"	
<b>POLE VAULT</b>	12' 10"		9' 6"	
<b>400 M RELAY</b>	44.65	44.4	51.72	51.4
<b>1600 M RELAY</b>	3:31.65	3:31.4	4:13.56	4:13.3
<b>SPRINT MEDLEY RLAY</b>	3:43.28	3:43.0	4:32.98	4:32.7
<b>3200 M RELAY</b>	8:26.32	8:26.1	10:23.10	10:22.9

FAT: Fully Automatic Timing  
HH: Hand Held Timing

