

# *DISTRICT VI QUALIFYING STANDARDS*

*2009 - 2010*

## *AA MEET: BOYS AND GIRLS STANDARDS*

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
100	11.7	13.4
100/110 HURDLES	17.6	18.2
1600 RUN	4:57.0	6:06.0
200 DASH	24.0	28.4
300 HURDLES	44.5	53.1
3200 RUN	11:02.0	13:30.0
4 X 100 RELAY	50.0	60.0
4 X 400 RELAY	3:58.0	4:48.0
4 X 800 RELAY	10:00.0	11:30.0
400 DASH	54.9	65.4
800 RUN	2:11.5	2:35.5
DISCUS	118'0"	86'6"
HIGH JUMP	5'8"	4'8"
JAVELIN	148'0"	97'0"
LONG JUMP	18'9"	14'10"
POLE VAULT	10'6"	7'6"
SHOT	41'3"	30' 6"
TRIPLE JUMP	38'3"	31'0"

You may qualify up to three individuals for each event as long as each entry meets the qualifying standards.

## *AAA MEET: BOYS AND GIRLS STANDARDS*

There are no entry standards. Each AAA Boys' and Girls' Team may enter 3 competitors in each individual event.