

DISTRICT VI QUALIFYING STANDARDS

2016

AA MEET: BOYS AND GIRLS STANDARDS

| <u>EVENT</u> | <u>BOYS</u> | <u>GIRLS</u> |
|---------------------|-----------------------|----------------------|
| 100 | 11.74 | 13.64 |
| 100/110 HURDLES | 17.84 | 18.44 |
| 1600 RUN | 4:58.24 | 6:05.24 |
| 200 DASH | 24.24 | 28.64 |
| 300 HURDLES | 44.94 | 53.44 |
| 3200 RUN | 11:02.24 | 13:23.24 |
| 4 X 100 RELAY | 50.24 | <u>59.54*</u> |
| 4 X 400 RELAY | 3:55.54 | 4:48.24 |
| 4 X 800 RELAY | 9:50.24 | 11:30.24 |
| 400 DASH | 55.14 | 65.74 |
| 800 RUN | 2:11.74 | 2:37.24 |
| DISCUS | 118'0" | 89'6" |
| HIGH JUMP | 5'8" | 4'8" |
| JAVELIN | 143'0" | 97'0" |
| LONG JUMP | <u>18'10"*</u> | <u>15'0"*</u> |
| POLE VAULT | 10'6" | 7'6" |
| SHOT | 41'3" | 30'3" |
| TRIPLE JUMP | 38'6" | 31'3" |

(* denotes new standard from last year)

You may qualify up to three individuals for each event as long as each entry meets the qualifying standards. All 'hand-held' times must be converted to FAT by adding 0.24 seconds.

AAA MEET: BOYS AND GIRLS STANDARDS

There are no Class AAA entry standards. Each AAA Boys' and Girls' Team may enter up to 4 competitors (only 3 may compete) in each individual event.