

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.