

# TRICT VI ING STANDARDS

2018

## 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	<b><u>53.31*</u></b>
3200 RUN	11:02.24	13:23.24
4 X 100 RELAY	50.24	59.54
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	140'-0"	97'0"
LONG JUMP	<b><u>18'11"*</u></b>	<b><u>15'-3"*</u></b>
POLE VAULT	10'6"	7'6"
SHOT	41'3"	<b><u>31'9"*</u></b>
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 standard for that event. All 'hand-held' times must be converted to FAT by adding 0.24 seconds. You may enter one (1) relay per relay event as long as the relay time meets the standard.

## AAA MEET: BOYS AND GIRLS STANDARDS

There are no Class AAA entry standards. You may enter three (3) per individual event and one (1) relay.