

DISTRICT VI QUALIFYING 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	<u>53.31*</u>
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	<u>18'11"*</u>	<u>15'-3"*</u>
POLE VAULT	10'6"	7'6"
SHOT	41'3"	30'-0"
TRIPLE JUMP	38'6"	<u>31'-9"*</u>

(* 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.

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