

2008 Boys' Track Qualifying Standards

EVENT	5A	4A	3A	2A	1A
100m	11.40	11.46	11.60	11.65	11.93
200m	22.92	23.04	23.23	23.60	24.22
400m	50.75	51.01	51.42	52.55	53.48
800m	1:59.10	1:59.76	2:02.05	2:05.95	2:08.20
1600m	4:27.05	4:30.15	4:33.25	4:46.35	4:50.70
3200m	9:47.70	9:54.60	10:02.00	10:34.90	10:43.00
110m H	15.63	16.04	16.33	16.96	17.71
300m H	40.44	41.11	41.76	43.23	44.14
4x100m Relay	43.95	44.33	44.93	45.70	48.17
Medley Relay	3:41.65	3:43.35	3:45.20	3:58.85	4:03.50
4x400m Relay	3:28.30	3:29.40	3:34.10	3:41.90	3:54.15
Javelin	156'00	156'10	156'06	147'09	145'10
Shot Put	48'00	46'02	45'06	42'09	41'00
Discus	142'00	133'02	134'03	125'02	120'02
High Jump	6'02	6'01	6'00	5'10	5'10
Long Jump	20'11	20'06	20'01	19'09	19'01
Pole Vault	12'06	11'09	10'10	10'09	9'00

2008 Girls' Track Qualifying Standards

EVENT	5A	4A	3A	2A	1A
100m	12.82	13.03	13.07	13.44	13.75
200m	26.16	26.60	26.75	27.72	28.53
400m	59.15	1:00.19	1:00.35	1:03.01	1:04.68
800m	2:21.60	2:24.85	2:24.45	2:32.50	2:38.20
1600m	5:17.15	5:22.30	5:23.70	5:48.10	5:54.15
3200m	11:33.95	11:48.35	11:55.75	13:09.80	12:58.10
100m H	16.22	16.50	16.72	17.37	18.00
300m H	47.23	47.80	48.10	50.29	51.42
4x100m Relay	50.87	51.67	51.74	53.18	56.54
Medley Relay	4:24.65	4:27.35	4:28.55	4:45.65	4:56.60
4x400m Relay	4:07.40	4:10.35	4:12.45	4:28.00	4:46.05
Javelin	109'00	107'00	104'08	101'00	99'03
Shot Put	34'04	33'05	32'07	30'07	30'02
Discus	107'09	102'09	101'03	90'10	87'07
High Jump	5'00	5'00	5'00	4'09	4'08
Long Jump	16'02	15'10	16'02	15'06	14'08

Track Qualifying Standard Formula: 3X + 1Y divided by 4 (X = old mark) (Y = 6th place)