

### **Qualifying Standards:**

Qualifying standards are reviewed annually by the Qualifying Standards Committee. The following standards for running events are for times achieved from fully automatic timing systems. A fully automatic timing system is one where the firing of the gun starts the system and a camera hooked to a computer figures the finish time. If you do not use a F.A.T. system you must convert times in the following matter: first round the time up to the nearest tenth of a second and then add .24 seconds to the time, e.g. if the hand-held time in the 100 is 11.71, it must first be rounded up to 11.8 and then add .24 to get a time for seeding purposes of 12.04. The first time/distance/height is the automatic standards; the second time/distance/height is the provisional standard.

<b>2020 QUALIFYING STANDARDS</b>				
(changes in red)				
Event	Boys A	Boys B	Girls A	Girls B
Shot Put	41' 6"/38'0"	40' 0"/ <b>36'0"</b>	<b>30'0"</b> /28'0"	29' 0"/27'6"
High Jump	5' 8"/5'6"	5' 8"/5'4"	4' 10"/4'6"	4' 8"/4'6"
Long Jump	19' 3"/18'3"	18' 9"/17'9"	<b>15' 9"</b> /14'6"	14' 9"/14'3"
Triple Jump	39' 6"/ <b>36'6"</b>	38' 6"/ <b>35'6"</b>	<b>32' 6"</b> /30'6"	31' 0"/30'0"
Pole Vault	11' 6"/ <b>9'0"</b>	11' 0"/8'6"	8' 6"/7'0"	7' 6"/6'6"
55 HH	9.00/ <b>9.30</b>	9.00/ <b>9.70</b>	9.85/10.20	10.10/10.40
55 Dash	7.05/7.20	7.10/ <b>7.30</b>	7.85/8.00	8.00/8.10
200 Dash	<b>24.60</b> /25.30	25.20/ <b>25.65</b>	28.45/28.90	28.90/29.30
400 Dash	55.65/56.20	55.90/ <b>56.90</b>	1:05.50/1:07.50	1:07.50/1:08.50
800 Run	2:10.00/2:13.00	2:11.00/ <b>2:15.50</b>	2:35.00/2:39.00	2:40.00/2:46.50
1 Mile Run	<b>4:50.00</b> /5:05.00	4:55.00/ <b>5:15.00</b>	5:52.00/6:12.00	6:00.00/6:20.00
2 Mile Run	10:30.00/11:00.00	10:40.00/ <b>11:20.00</b>	12:45.00/13:25.00	13:15.00/13:40.00