

2019 EMITL STANDARDS – Final Draft (12/16)

Large School Qualifying Standards

<u>EVENT</u>	<u>BOYS</u>		<u>GIRLS</u>		<u>NUMBER TO FILL</u>
	<u>Auto</u>	<u>Prov.</u>	<u>Auto</u>	<u>Prov.</u>	
55m Dash	7.25	7.50	8.25	8.50	18
200m Dash	25.00	26.00	29.50	30.50	18
400m Run	57.50	1:00.00	1:07.50	1:10.00	16
800m Run	2:10.00	2:17.50	2:40.00	2:47.50	12
Mile Run	5:00.00	5:15.00	6:00.00	6:15.00	12
2 Mile Run	11:00.00	11:30.00	13:15.00	13:45.00	12
55m Hurd.	10.00	11.00	11.00	12.00	18
Shot Put	39' 0"	36' 0"	27' 0"	24' 0"	12
Long Jump	18' 6"	17' 6"	14' 9"	13' 9"	12
Triple Jump	37' 0"	35' 0"	31' 0"	29' 0"	12
High Jump	5' 6"	5' 4"	4' 8"	4' 6"	12
Pole Vault	10' 6"	9' 6"	8' 0"	7' 0"	12

Small School Qualifying Standards

<u>EVENT</u>	<u>BOYS</u>		<u>GIRLS</u>		<u>NUMBER TO FILL</u>
	<u>Auto</u>	<u>Prov.</u>	<u>Auto</u>	<u>Prov.</u>	
55m Dash	7.50	7.75	8.50	8.75	18
200m Dash	25.50	26.50	30.50	31.50	18
400m Run	58.00	1:01.00	1:10.00	1:12.50	16
800m Run	2:15.00	2:25.00	2:45.00	2:52.50	12
Mile Run	5:10.00	5:25.00	6:15.00	6:30.00	12
2 Mile Run	12:00.00	12:30.00	13:45.00	14:15.00	12
55m Hurd.	11.00	12.50	11.50	12.50	18
Shot Put	36' 0"	31' 0"	24' 0"	21' 0"	12
Long Jump	17' 6"	16' 6"	13' 6"	12' 6"	12
Triple Jump	35' 0"	33' 0"	28' 0"	26' 0"	12
High Jump	5' 4"	5' 2"	4' 6"	4' 4"	12
Pole Vault	9' 6"	8' 6"	7' 0"	6' 0"	12