

OUTDOOR TRACK SUPER QUALIFYING STANDARDS 2019					
	Must be done in multi-school meet				
5 YEAR AVERAGE FROM FOURTH PLACE FINISH AT STATE MEET					
	BOYS			GIRLS	
100-D1	10.89			100-D1	12.36
100-D2	11.08			100-D2	12.56
200-D1	22.02			200-D1	25.06
200-D2	22.41			200-D2	25.63
400-D1	48.93			400-D1	56.93
400-D2	50.39			400-D2	57.68
800-D1	1:53.97			800-D1	2:11.83
800-D2	1:56.02			800-D2	2:13.41
1600-D1	4:13.52			1500-D1	4:30.91
1600-D2	4:19.97			1500-D2	4:41.61
3200-D1	9:14.95			3000-D1	9:48.24
3200-D2	9:32.52			3000-D2	10:15.04
STEEP-D1	9:27.12			STEEP-D1	6:55.71
STEEP-D2	9:44.12			STEEP-D2	7:15.01
110H-D1	14.71			100H-D1	14.91
110H-D2	14.93			100H-D2	15.61
400H-D1	54.93			400H-D1	63.22
400H-D2	56.32			400H-D2	65.12
LJ-D1	22'8"			LJ-D1	18'5"
LJ-D2	22'3"			LJ-D2	17'6"
TJ-D1	46'5"			TJ-D1	38'1"
TJ-D2	45'5"			TJ-D2	37'
HJ-D1	6'4"			HJ-D1	5'4"
HJ-D2	6'4"			HJ-D2	5'3"
PV-D1	14'5"			PV-D1	11'6"
PV-D2	14'			PV-D2	10'8"
SP-D1	54'2"			SP-D1	40'1"
SP-D2	50'8"			SP-D2	38'2"
DISC-D1	161'4"			DISC-D1	123'3"
DISC-D2	146'6"			DISC-D2	116'5"
PENT-D1	3184			PENT-D1	3105
PENT-D2	3109			PENT-D2	2799
400REL-D1	42.65			400REL-D1	48.47
400REL-D2	43.55			400REL-D2	49.88
1600REL-D1	3:20.01			1600REL-D1	3:55.54
1600REL-D2	3:27.32			1600REL-D2	4:01.31
3200REL-D1	7:48.36			3200REL-D1	9:08.71
3200REL-D2	8:06.11			3200REL-D2	9:31.62