

Standards
2019
Class A/AA

Boys

AA	Automatic/Provisional	Event	A	Automatic/Provisional
11.34/11.94		100m Dash	11.54/12.14	
23.34/24.34		200m Dash	23.44/24.74	
53.24/55.54		400m Dash	53.44/56.74	
2:03.74/2:11.04		800m Run	2:05.04/2:16.24	
4:37.64/4:56.84		1600m Run	4:38.24/5:06.24	
10:07.84/10:46.94		3200m Run	10:10.24/10:55.24	
10:35.64/11:20.24		Steeplechase	10:37.24/11:35.24	
16.14/18.04		110m Hurdles	16.44/18.74	
59.64/64.94		400m Hurdles	60.54/69.24	
20'6"/18'6"		Long Jump	20'00"/17' 06"	
42'00/38'00		Triple Jump	41'0"/ 36'0"	
43'0'/36' 0"		Shot Put	42'6"/35'6"	
120'0"/105'0"		Discus	118'0"/100'0"	
5' 10"/5'4"		High Jump	5' 10"/5'4"	
12'0"/9'6"		Pole Vault	11'6"/9'0"	
2350/1550		Pentathlon	2350/1500	

GIRLS

AA	Automatic/Provisional	Event	A	Automatic/Provisional
12.94/13.84		100m Dash		13.14/13.94
27.04/28.44		200m Dash		27.14/28.94
62.24/66.94		400m Dash		63.24/67.94
2:26.94/2:39.04		800m Run		2:27.24/2:40.24
4:59.24/5:26.24		1500m Run		4:59.94/5:27.24
11:05.94/12:09.94		3000m Run		11:08.24/12:20.24
7:55.94/8:55.24		Steeplechase		7:57.94/9:05.24
17.14/18.94		100m Hurdles		17.24/19.94
71.24/79.94		400m Hurdles		72.04/82.24
16'0"/13'6"		Long Jump		15' 6"/13'3"
32'6"/30'0"		Triple Jump		32'3"/29'6"
31'0/26'6"		Shot Put		30'6"/25'6"
98'0"/70'0"		Discus		92'0"/68'0"
4'10"/4'4"		High Jump		4'10"/4'4"
9'0"/7'0"		Pole Vault		9'0"/6'6"
1850/950		Pentathlon		1850/900