

**2019 DISTRICT 5 QUALIFYING STANDARDS  
Adjusted 5/9/19**

**Changes highlighted and in red**

	<u>BOYS</u>	<u>GIRLS</u>
100	12.04	13.94
200	24.94	29.14
400	56.64	68.14
800	2:16.34	2:48.54
1600	5:07.24	6:30.24
3200	11:40.24	14:50.24
110HH/100H	18.74	18.94
300H	47.24	55.84
4 x 100 Relay	None	None
4 x 400 Relay	None	None
4 x 800 Relay	None	None
HJ	5-6	4-6
PV	10-0	7-6
LJ	18-3	14-4
TJ	37-0	30-2
SHOT	37-2	28-0
DISCUS	103-0	81-6
JAVELIN	129-0	86-0

\*Note: Times are FAT. Hand held times must be converted by adding 0.24 for all track events.  
All Times must be converted to FAT equivalents for District entries/seeding.

Thus a female running a 13.8 hand held time would NOT qualify as it would convert to 14.04