

**2022 ADJUSTED DISTRICT 5 QUALIFYING
STANDARDS – Changes in Red**

	<u>BOYS</u>	<u>GIRLS</u>
100	12.14	13.94
200	24.94	29.64
400	57.04	68.54
800	2:18.24	2:47.24
1600	5:08.54	6:28.24
3200	11:50.24	14:45.24
110HH/100H	19.24	18.94
300H	48.34	55.84
4 x 100 Relay	None	None
4 x 400 Relay	None	None
4 x 800 Relay	None	None
HJ	5-4	4-6
PV	9-9	7-3
LJ	18-1	14-2
TJ	36-9	30-0
SHOT	37-3	28-0
DISCUS	103-0	80-6
JAVELIN	126-0	83-0

*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