

2023 DISTRICT 5 QUALIFYING STANDARDS

	<u>BOYS</u>	<u>GIRLS</u>
100	12.14	13.94
200	24.94	29.44
400	56.94	68.44
800	2:17.64	2:46.74
1600	5:08.54	6:28.24
3200	11:45.24	14:40.24
110HH/100H	18.94	18.94
300H	47.94	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	7-6
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