

2024 DISTRICT 5 QUALIFYING STANDARDS

	<u>BOYS</u>	<u>GIRLS</u>
100	12.14	13.94
200	24.94	29.24
400	56.94	68.24
800	2:18.14	2:49.54
1600	5:08.64	6:30.24
3200	12:00.24	14:50.24
110HH/100H	18.94	18.94
300H	47.64	55.64
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	18-3	14-4
TJ	36-8	30-2
SHOT	36-8	27-2
DISCUS	103-0	80-0
JAVELIN	123-3	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