

2025 DISTRICT 5 QUALIFYING STANDARDS

New Lower standards as of 11 am 5/9

| | <u>BOYS</u> | <u>GIRLS</u> |
|---------------|----------------|-----------------|
| 100 | 12.14 | 14.04 |
| 200 | 24.84 | 29.34 |
| 400 | 56.94 | 68.24 |
| 800 | 2:18.14 | 2:49.54 |
| 1600 | 5:12.24 | 6:30.24 |
| 3200 | 12:00.24 | 15:00.24 |
| 110HH/100H | 18.94 | 19.04 |
| 300H | 48.04 | 55.64 |
| 4 x 100 Relay | None | None |
| 4 x 400 Relay | None | None |
| 4 x 800 Relay | None | None |
| HJ | 5-5 | 4-6 |
| PV | 9'9 | 7-3 |
| LJ | 18-3 | 14-0 |
| TJ | 36-8 | 30-0 |
| SHOT | 36-8 | 27-2 |
| DISCUS | 103-0 | 80-0 |
| JAVELIN | 118-0 | 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