

2025 DISTRICT 5 QUALIFYING STANDARDS

	<u>BOYS</u>	<u>GIRLS</u>
100	12.14	13.94
200	24.84	29.34
400	56.94	68.24
800	2:18.14	2:49.54
1600	5:09.24	6:30.24
3200	12:00.24	14:50.24
110HH/100H	18.94	19.04
300H	47.64	55.64
4 x 100 Relay	None	None
4 x 400 Relay	None	None
4 x 800 Relay	None	None
HJ	5-5	4-6
PV	10'0	7-3
LJ	18-3	14-0
TJ	36-8	30-0
SHOT	36-8	27-2
DISCUS	103-0	80-0
JAVELIN	122-0	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