

**2026 DISTRICT 5 QUALIFYING STANDARDS**  
**January 16, 2026**

	<i><b>BOYS</b></i>	<i><b>GIRLS</b></i>
100	11.94	14.04
200	24.84	29.44
400	57.04	68.34
800	2:18.24	2:49.64
1600	5:12.24	6:30.74
3200	12:00.24	15:10.24
110HH/100H	18.94	19.04
300H	48.24	55.74
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	37-1	27-0
DISCUS	105-9	82-0
JAVELIN	119-0	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