

**2016 DISTRICT 5 QUALIFYING STANDARDS  
ADJUSTED 5/12/16**

	<u>BOYS</u>	<u>GIRLS</u>
100	11.94	13.94
200	24.54	29.14
400	55.74	<b>67.74</b>
800	<b>2:15.24</b>	<b>2:44.24</b>
1600	5:05.24	6:20.24
3200	11:22.24	14:20.24
110HH/100H	18.24	18.74
300H	46.04	55.94
4 x 100 Relay	None	None
4 x 400 Relay	None	None
4 x 800 Relay	None	None
HJ	5-6	4-6
PV	10-0	7-0
LJ	18-4	14-4
TJ	<b>37-0</b>	30-4
SHOT	38-9	28-3
DISCUS	108-0	81-0
JAVELIN	128-0	86-0

\*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