

QUALIFYING STANDARDS FOR OPEN MEETS

JANUARY 27 AND 28

The goals of these meets are: 1) to give athletes who are close, an opportunity to qualify for the state meet, 2) to give NH's varsity athletes (i.e. state qualifiers) a quality, well run meet to compete in, and 3) allow relay teams a chance to qualify for the state meets.

1. The following standards must have been met in order to participate in these meets:

	<u>Boys</u>	<u>Girls</u>
Shot Put	37'0"	26'0"
High Jump	5'4"	4'6"
Long Jump	18'0"	14'0"
55m HH	9.74	10.64
55m Dash	7.14	8.04
300m	40.24	46.74
600m	1:35.24	1:52.24
1000m	2:55.24	3:25.24
1500m	4:35.24	5:20.24
3000m	10:10.24	12:00.24

Relays - No Standards – However, a school should only enter teams that have a reasonable chance of qualifying for the Division meets. One good team is much better than two or three poor ones.

2. No team scoring.
3. Each team will still be limited to 40 entries.
4. **NO** athlete can double in the following events: 300; 600; 1000; 1500, 3000
5. If an athlete has not done an event before but has met the above standards in a similar event, that qualifies him/her for the event not done before.
6. Blocks will be allowed in 300m.
7. We will not run a 3000m but will run a 4x800m Relay.
8. High Jump opening heights: Girls = 4'6", Boys = 5'4"

NOTE: No athletes may be entered in those meets who have not met the above standards--- which means they must be on the Battlenotes. If a school enters any athletes who have not met one of the above standards, all performances by that **team** will be disqualified.