

INDOOR TRACK QUALIFYING STANDARDS

DIVISION I

	<u>Boys</u>	<u>Girls</u>
Shot Put	42' 0"	30' 0"
High Jump	5' 10"	4' 10"
Long Jump	19' 6"	15' 3"
55m Hurdles	8.94	9.74
55m Dash	6.94	7.74
300m Dash	38.54	44.74
600m Run	1:29.24	1:45.24
1000m Run	2:43.24	3:13.24
1500m Run	4:20.24	5:05.24
3000m Run	9:25.24	11:10.24
4x400m Relay	Top 12 based on Battlenotes	
4x160m Relay	Top 12 based on Battlenotes	
4x800m Relay	Top 9 based on Battlenotes	