

STANDARDS FOR 4th ENTRY

Entry Limit: Every school is allowed at least THREE athletes per event regardless of performance or grade. Each school may enter a 4th athlete per event provided that all 4 have met the qualifying standards below. Only one relay team may be entered. Athletes entered in the Varsity Meet cannot have competed in the JV Meets. (See JV Meet information sheet). **If you enter a 4th athlete, performances for this year submitted to SCRrunners will be checked!**

Event	Boy's Standard	Girl's Standard
100 Meters	11.63	13.36
200 Meters	23.39	27.54
400 Meters	54.82	66.04
800 Meters	2:06.57	2:34:40
1600 Meters	4:48.54	5:36.88
3200 Meters	10:30.86	12:45.35
100/110 Hurdles	19.06	19.58
400 Hurdles	63.32	77.76
Long Jump	19'00"	14'01.5"
Triple Jump	39'05"	30'10.5"
High Jump	5'04	4'04"
Pole Vault	9'00"	7'00"
Shot Put	38'06"	27'03.5"
Discus Throw	109'05"	74'07"
Javelin	58'00"	45'00"

If you enter a 4th athlete then ALL 4 athletes must have a meet result above standard and listed for this year on milesplit.com.