

**PSAL Outdoor Track Borough Championship Standards 2026**

	<b>Boys Auto</b>	<b>Girls Auto</b>	<b>Secondary Standard</b>
<b>100m</b>	<b>12.14</b>	<b>14.24</b>	<b>32</b>
<b>200m</b>	<b>25.14</b>	<b>30.34</b>	<b>32</b>
<b>400m</b>	<b>58.20</b>	<b>1:10.91</b>	<b>24</b>
<b>800m</b>	<b>2:19.70</b>	<b>2:51.40</b>	<b>24</b>
<b>1500m</b>	<b>-----</b>	<b>5:39.79</b>	<b>24</b>
<b>1600m</b>	<b>5:09.24</b>	<b>-----</b>	<b>24</b>
<b>3000m</b>	<b>-----</b>	<b>12:32.23</b>	<b>24</b>
<b>3200m</b>	<b>11:01.90</b>	<b>-----</b>	<b>24</b>
<b>1500mRW</b>	<b>-----</b>	<b>10:46.44</b>	<b>12</b>
<b>100m HH</b>	<b>-----</b>	<b>20.11</b>	<b>24</b>
<b>110m HH</b>	<b>19.51</b>	<b>-----</b>	<b>24</b>
<b>400m IH</b>	<b>1:07.12</b>	<b>1:24.10</b>	<b>24</b>
<b>2000m SC</b>	<b>-----</b>	<b>9:21.80</b>	<b>24</b>
<b>3000m SC</b>	<b>12:12.70</b>	<b>-----</b>	<b>24</b>
<b>Discus</b>	<b>87-2</b>	<b>61-7</b>	<b>12</b>
<b>Shot Put</b>	<b>30-11</b>	<b>22-4</b>	<b>12</b>
<b>Javelin</b>	<b>96-8</b>	<b>52-3</b>	<b>12</b>
<b>High Jump</b>	<b>5-0</b>	<b>4-0</b>	<b>12</b>
<b>Long Jump</b>	<b>17-9</b>	<b>14-3</b>	<b>12</b>
<b>Triple Jump</b>	<b>30-10</b>	<b>22-8</b>	<b>12</b>
<b>Pole Vault</b>	<b>7-0</b>	<b>5-0</b>	<b>12</b>
<b>Pentathlon</b>	<b>1799</b>	<b>1444</b>	<b>Achieve Borough Standard In Any 3 of the 5 Events</b>
<b>4x100m</b>	<b>48.58</b>	<b>58.40</b>	<b>24</b>
<b>4x400m</b>	<b>4:05.60</b>	<b>5:05.30</b>	<b>16</b>
<b>4x800m</b>	<b>9:35.86</b>	<b>12:00.00</b>	<b>16</b>