

2019 TRACK AND FIELD QUALIFYING TIMES AND DISTANCES

MEN

100 Meters	13.0 sec.
200 Meters	26.5 sec.
400 Meters	64.0 sec.
800 Meters	2 min. 35 sec.
1500 Meters	6 minutes
400 Meter Relay	winning team
400 Meter Mixed Relay	2 males
High Jump	5 feet
Running Long Jump	16 feet
Discus Throw	85 feet
12lb. Shot Put	30 feet
Javelin Throw	80 feet

WOMEN

100 Meters	15.6 sec.
200 Meters	35.0 sec.
400 Meters	85.0 sec.
800 Meters	3 min. 30 sec.
1500 Meters	7 minutes
400 Meter Relay	winning team
400 Meter Mixed Relay	2 females
High Jump	3 ft. 8 in.
Running Long Jump	12 ft. 6 in.
Discus Throw	55 feet
8lb. Shot Put	21 ft. 5 in
Javelin Throw	65 feet

BOYS (13-14-15)

100 Meters	15.5 sec.
200 Meters	32 sec.
400 Meters	75. sec.
800 Meters	3 Min 45 Sec
400 Meter Relay	winning team
400 Meter Mixed Relay	2 males
Softball Throw	160 feet
High Jump	4 feet
Running Long Jump	13 feet
Discus Throw	75 feet
12lb. Shot Put	20 feet

GIRLS (13-14-15)

100 Meters	16.2 sec.
200 Meters	38.0 sec.
400 Meters	85 sec.
800 Meters	4 minutes
400 Meter Relay	winning team
400 Meter Mixed Relay	2 females
Softball Throw	100 feet
High Jump	3 ft. 7 in.
Running Long Jump	11 feet
Discus Throw	45 feet
8lb. Shot Put	15 feet

BOYS (10-11-12)

50 Meters	9 sec.
100 Meters	17.5 sec.
200 Meters	40 sec.
400 Meters	85 sec.
400 Meter Relay	winning team
400 Meter Mixed Relay	2 males
Baseball Throw	140 feet
High Jump	3 ft. 2 in.
Running Long Jump	9 feet
Standing Long Jump	6 ft. 1in.

GIRLS (10-11-12)

50 Meters	9.4 sec.
100 Meters	18.0 sec.
200 Meters	42.0 sec.
400 Meters	95 sec.
400 Meter Relay	winning team
400 Meter Mixed Relay	2 females
Baseball Throw	85 feet
High Jump	3 feet
Running Long Jump	9 feet
Standing Long Jump	5 ft. 6in.

BOYS (8-9)

50 Meters	10 sec.
75 Meters	14.0 sec.
200 Meters	46 sec.
200 Meter Relay	winning team
200 Meter Mixed Relay	2 males
Baseball Throw	85 feet
Running Long Jump	7 ft. 6in.
Standing Long Jump	4 ft. 10 in.

GIRLS (8-9)

50 Meters	10 sec.
75 Meters	14.5 sec.
200 Meters	50 sec.
200 Meter Relay	winning team
200 Meter Mixed Relay	2 females
Baseball Throw	50 feet
Running Long Jump	6 ft. 6in.
Standing Long Jump	4 ft. 8 in.