

## 2008 Boys' Track Qualifying Standards

EVENT	5A	4A	3A	2A	1A
100m Dash	11.40	11.46	11.60	11.65	11.93
200m Dash	22.92	23.04	23.23	23.60	24.22
400m Dash	50.75	51.01	51.42	52.55	53.48
800m Run	1:59.10	1:59.76	2:02.05	2:05.95	2:08.20
1600m Run	4:27.05	4:30.15	4:33.25	4:46.35	4:50.70
3200m Run	9:47.70	9:54.60	10:02.00	10:34.90	10:43.00
110m Hurdles	15.63	16.04	16.33	16.96	17.71
300m IM Hurdles	40.44	41.11	41.76	43.23	44.14
400m Relay	43.95	44.33	44.93	45.70	48.17
440 YD Relay	44.15	44.53	45.13	45.90	48.37
1600 Medley Relay	3:41.65	3:43.35	3:45.20	3:58.85	4:03.50
Mile Medley Relay	3:42.85	3:44.55	3:46.40	4:00.05	4:04.70
4x400m Relay	3:28.30	3:29.40	3:34.10	3:41.90	3:54.15
Mile Relay	3:29.40	3:30.50	3:35.20	3:43.00	3:55.25
Javelin	156'00	156'10	156'06	147'09	145'10
Shot Put	48'00	46'02	45'06	42'09	41'00
Discus	142'00	133'02	134'03	125'02	120'02
High Jump	6'02	6'01	6'00	5'10	5'10
Long Jump	20'11	20'06	20'01	19'09	19'01
Pole Vault	12'06	11'09	10'10	10'09	9'00

*Track Qualifying Standard Formula:  $3X + 1Y$  divided by 4 ( $X$  = old mark) ( $Y$  = 6th place)*