

# Metro South Outdoor Track & Field 2017

## METRO CHAMPIONSHIP QUALIFYING STANDARDS

### GIRLS DIVISION

EVENT	100M
METRO Standard:	14.50

EVENT	100M Hurdles
METRO Standard:	21.00

EVENT	TRIPLE JUMP
METRO Standard:	23'6"

EVENT	200M
METRO Standard:	30.00

EVENT	300M Hurdles
METRO Standard:	1:02

EVENT	SHOT PUT
METRO Standard:	25'0"

EVENT	400M
METRO Standard:	1:12

EVENT	HIGH JUMP
METRO Standard:	4'02"

EVENT	DISCUS
METRO Standard:	48'0"

EVENT	800M
METRO Standard:	2:52

EVENT	POLE VAULT
METRO Standard:	6'0"

EVENT	1600M
METRO Standard:	6:25

EVENT	LONG JUMP
METRO Standard:	12'6"

### BOYS DIVISION

EVENT	100M
METRO Standard:	13.25

EVENT	110M HURDLES
METRO Standard:	22.00

EVENT	TRIPLE JUMP
METRO Standard:	30'0"

EVENT	200M
METRO Standard:	27.25

EVENT	300M HURDLES
METRO Standard:	55.00

EVENT	SHOT PUT
METRO Standard:	30'0"

EVENT	400M
METRO Standard:	1:02

EVENT	HIGH JUMP
METRO Standard:	4'08"

EVENT	DISCUS
METRO Standard:	80'0"

EVENT	800M
METRO Standard:	2:32

EVENT	POLE VAULT
METRO Standard:	7'6"

EVENT	1600M
METRO Standard:	5:40

EVENT	LONG JUMP
METRO Standard:	15'0"

THERE ARE NO QUALIFYING TIMES FOR RELAYS.  
EACH TEAM CAN ENTER 1 RELAY TEAM IN EACH OF THE RELAY RACES REGARDLESS OF TIME.

PLEASE NOTE: ATHLETES MUST REACH THE MINIMUM TIME/MARK IN THAT EVENT TO QUALIFY FOR METRO.  
EX: 1:02.07 IN THE BOYS 400M WILL NOT QUALIFY THAT ATHLETE AS IT IS NOT 1:02.00 OR FASTER.