Metro South Outdoor Track & Field 2017 METRO CHAMPIONSHIP QUALIFYING STANDARDS

GIRLS DIVISION					
EVENT	100M	EVENT	100M Hurdles	EVENT	TRIPLE JUMP
METRO Standard:	14.50	METRO Standard:	21.00	METRO Standard:	23'6"
EVENT	200M	EVENT	300M Hurdles	EVENT	SHOT PUT
METRO Standard:	30.00	METRO Standard:	1:02	METRO Standard:	25'0"
EVENT	400M	EVENT	HIGH JUMP	EVENT	DISCUS
METRO Standard:	1:12	METRO Standard:	4'02"	METRO Standard:	48'0"
EVENT	800M	EVENT	POLE VAULT		
METRO Standard:	2:52	METRO Standard:	6'0"		
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EVENT	1600M	EVENT	LONG JUMP		
METRO Standard:	6:25	METRO Standard:	12'6"		
BOYS DIVISION					
BOYS DIVISION EVENT	100M	EVENT	110M HURDLES	EVENT	TRIPLE JUMP
	100M 13.25	EVENT METRO Standard:	110M HURDLES 22.00	EVENT METRO Standard:	TRIPLE JUMP 30'0"
EVENT					
EVENT					
EVENT METRO Standard:	13.25	METRO Standard:	22.00	METRO Standard:	30'0"
EVENT METRO Standard: EVENT	13.25 200M	METRO Standard:	22.00 300M HURDLES	METRO Standard:	30'0" SHOT PUT
EVENT METRO Standard: EVENT	13.25 200M	METRO Standard:	22.00 300M HURDLES	METRO Standard:	30'0" SHOT PUT
EVENT METRO Standard: EVENT METRO Standard:	13.25 200M 27.25	METRO Standard: EVENT METRO Standard:	22.00 300M HURDLES 55.00	METRO Standard: EVENT METRO Standard:	30'0" SHOT PUT 30'0"
EVENT METRO Standard: EVENT METRO Standard: EVENT	13.25 200M 27.25	METRO Standard: EVENT METRO Standard: EVENT	300M HURDLES 55.00	METRO Standard: EVENT METRO Standard: EVENT	30'0" SHOT PUT 30'0" DISCUS
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EVENT METRO Standard: EVENT METRO Standard: EVENT METRO Standard:	200M 27.25 400M 1:02	METRO Standard: EVENT METRO Standard: EVENT METRO Standard:	22.00 300M HURDLES 55.00 HIGH JUMP 4'08"	METRO Standard: EVENT METRO Standard: EVENT	30'0" SHOT PUT 30'0" DISCUS
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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.