

GOLD STANDARD

Middle School Championships

Event Standards for qualification

Event	Girls	Boys
60 meters	9.10	8.15
400 meters	1:12.00	1:02.00
800 meters	2:55.00	2:35.00
1600 meters	6:25.00	5:40.00
60 meter hurdles	12.50	11.25
High Jump	4'2"	4'8"
Long Jump	12'0"	14'6"
Pole Vault	5'0"	6'6"
Shot Put	25'0"	30'0"
4x200	(One Relay team per school)	

