

2008 Girls' Track Qualifying Standards

EVENT	5A	4A	3A	2A	1A
100m Dash	12.82	13.03	13.07	13.44	13.75
200m Dash	26.16	26.60	26.75	27.72	28.53
400m Dash	59.15	1:00.19	1:00.35	1:03.01	1:04.68
800m Run	2:21.60	2:24.85	2:24.45	2:32.50	2:38.20
1600m Run	5:17.15	5:22.30	5:23.70	5:48.10	5:54.15
3200m Run	11:33.95	11:48.35	11:55.75	13:09.80	12:58.10
100m Hurdles	16.22	16.50	16.72	17.37	18.00
300m Low Hurdles	47.23	47.80	48.10	50.29	51.42
4x100m Relay	50.87	51.67	51.74	53.18	56.54
440 YD Relay	51.07	51.87	51.94	53.38	56.74
1600mMedley Relay	4:24.65	4:27.35	4:28.55	4:45.65	4:56.60
Mile Medley Relay	4:25.85	4:28.55	4:29.75	4:46.85	4:57.80
4x400m Relay	4:07.40	4:10.35	4:12.45	4:28.00	4:46.05
Mile Relay	4:08.50	4:11.45	4:13.55	4:29.10	4:47.15
Javelin	109'00	107'00	104'08	101'00	99'03
Shot Put	34'04	33'05	32'07	30'07	30'02
Discus	107'09	102'09	101'03	90'10	87'07
High Jump	5'00	5'00	5'00	4'09	4'08
Long Jump	16'02	15'10	16'02	15'06	14'08

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