

**SC FLIGHT MINIMUM PERFORMANCE STANDARDS**

**TRACK EVENTS**

	<b>100</b>	<b>200</b>	<b>400</b>	<b>800</b>	<b>1500</b>	<b>3000</b>	<b>80H</b>	<b>100H</b>	<b>110H</b>	<b>200H</b>	<b>400H</b>
11 - 12 G	14.07	29.46	01:07.8	02:44.7	05:45.5	13:36.8	21.78	X	X	X	X
11 - 12 B	14.36	29.22	01:07.3	02:43.5	05:34.7	12:13.7	17.26	X	X	X	X
13 - 14 G	13.38	27.46	01:03.8	02:41.7	05:23.7	12:28.3	X	18.87	X	32.81	X
13 - 14 B	12.90	26.90	00:59.1	02:24.5	05:00.6	11:28.6	X	19.45	X	30.34	X
15 - 16 G	12.35	25.79	01:00.7	02:32.4	05:33.3	13:07.0	X	16.42	X	X	70.03
15 - 16 B	11.21	23.07	51.44	02:06.7	04:32.8	10:40.0	X	X	17.47	X	61.93
17 - 18 G	12.25	25.61	01:00.8	02:29.1	05:35.2	12:10.6	X	15.79	X	X	67.42
17 - 18 B	11.00	22.62	51.58	02:02.9	04:31.0	10:31.9	X	X	15.47	X	57.69

**FIELD EVENTS**

	<b>LONG JUMP</b>		<b>TRIPLE JUMP</b>		<b>HIGH JUMP</b>		<b>POLE VAULT</b>		<b>SHOT PUT</b>		<b>JAVELIN</b>		<b>DISCUS</b>	
11 - 12 G	3.39	11-1.5	X		1.08	3-6.5	X		6.46	21-2.25	8.36	27-5.25	14.53	47-8.0
11 - 12 B	3.45	11-3.75	X		1.13	3-8.5	X		6.27	20-6.75	10.25	33-7.5	12.99	42-7.5
13 - 14 G	3.86	12-8.0	8.42	27-7.5	1.17	3-10.0	1.68	5-6.25	6.96	22-10.0	15.15	49-8.5	14.11	46-3.5
13 - 14 B	3.78	12-4.75	9.81	32-2.25	1.27	4-2.0	1.68	5-6.25	7.42	24-4.25	12.88	42-3.0	18.23	59-9.75
15 - 16 G	4.57	15-0.0	9.14	30-0.0	1.32	4-4.0	3.05	10-0.0	8.69	28-6.0	22.00	72-2.25	29.04	95-3.25
15 - 16 B	5.87	19-3	11.28	37-0.0	1.65	5-5.0	3.45	11-3.75	10.97	36-0.0	28-0	91-10.25	34.58	113-5.5
17 - 18 G	4.83	15-10.0	9.75	32-0.0	1.42	4-8.0	3.20	10-6.0	9.14	30-0.0	23.50	77-1.25	31.00	101-8.5
17 - 18 B	6.10	20-0.0	12.19	40-0.0	1.73	5-8.0	3.95	12-11.5	13.72	45-0.0	32.00	104-11.75	41.47	136-0.75