

MALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
100m	10.90	11.20	11.78	OPEN
200m	21.90	22.50	23.15	OPEN
400m	48.70	50.00	52.20	OPEN
800m	1:56.00	1:57.20	2:06.00	OPEN
1 Mile	4:20.00	4:25.00	4:42.38	OPEN
	Can Qualify with 1600m			
	4:18.80	4:23.00	4:40.00	OPEN
	Can Qualify with 1500m			
	4:02.00	4:07.30	4:24.38	OPEN
2 Mile	9:22.00	9:34.60	9:57.00	OPEN
	Can Qualify with 3200m			
	9:18.00	9:30.60	9:53.00	OPEN
	Can Qualify with 3000m			
	8:42.85	8:54.60	9:17.00	OPEN
MALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
110h	14.62	14.90	16.35	OPEN (100h)
400h	54.81	56.00	X	X
	Can Qualify with 300h			
	38.81	40.00	X	X
2000m Steeplechase	6:27.00	X	X	X
	Can Qualify with 3000m Steeplechase			
	9:57.00	X	X	X
4 x 100m Relay	42.90	44.80	X	OPEN
4 x 200m Relay	1:31.00	1:36.00	X	X
4 x 400m Relay	3:25.00	3:33.00	X	X
4 x 800m Relay	8:03.50	X	X	X
MALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
1000m Swedish Medley Relay	2:01.00	X	X	X
800m Sprint Medley Relay	1:37.93	1:43:00	X	X
1600m Medley Relay	3:41.00	X	X	X
Distance Medley Relay 4000m	10:32.60	X	X	X
Shuttle Hurdle Relay	1:02.00	X	X	X
Long Jump	22-11	22-0	19-0	OPEN
Triple Jump	45-2	43-7	X	X
High Jump	6-6	6-2	X	OPEN
Pole Vault	14-08	14-02	X	OPEN
Shot Put	54-0	50-0	45-0	OPEN

Discus	170-0	158-0	X	OPEN
Javelin	155-0	X	X	X
Hammer	156-0	X	X	X
Decathlon	5700	X	X	X
MIXED EVENTS	CHAMPIONSHIP	NATIONAL ELITE	FRESHMAN	MIDDLE SCHOOL
4 x 400 Mixed Relay	3:50.00	X	X	X