

<b>FEMALE EVENTS</b>	<b>CHAMPIONSHIP ELITE</b>	<b>NATIONAL ELITE</b>	<b>FRESHMAN ELITE</b>	<b>MIDDLE SCHOOL</b>
<b>100m</b>	12.15	12.43	13.07	OPEN
<b>200m</b>	24.70	25.75	27.40	OPEN
<b>400m</b>	56.85	58.50	1:01.00	OPEN
<b>800m</b>	2:14.30	2:21.04	2:26.00	OPEN
<b>1 Mile</b>	5:02.00	05:09.0	5:21.60	OPEN
	Can Qualify with 1600m using times below			
	4:59.10	5:07.50	5:19.30	OPEN
	Can Qualify with 1500m using times below			
	4:41.04	4:49.00	5:03.00	OPEN
<b>2 Mile</b>	11:02.51	11:15.00	12:00.00	OPEN
	Can Qualify with 3200m using times below			
	10:58.00	11:11.00	11:56.00	OPEN
	Can Qualify with 3000m using times below			
	10:22.00	10:35.00	11:20.00	OPEN
<b>FEMALE EVENTS</b>	<b>CHAMPIONSHIP ELITE</b>	<b>NATIONAL ELITE</b>	<b>FRESHMAN ELITE</b>	<b>MIDDLE SCHOOL</b>
<b>100h</b>	14.75	15.29	17.00	OPEN
<b>400h</b>	1:04.00	1:07.00	X	X
	Can qualify with 300h using times below			
	45.00	49.00	X	X
<b>2000m Steeplechase</b>	7:31.00	X	X	X
	Can Qualify with 3000m Steeplechase using times below			
	11:06.00	X	X	X
<b>4 x 100m Relay</b>	49.00	52.00	X	OPEN
<b>4 x 200m Relay</b>	1:46.00	1:51.00	X	X
<b>4 x 400m Relay</b>	4:02.00	4:15.00	X	X
<b>4 x 800m Relay</b>	9:49.00	X	X	X
<b>FEMALE EVENTS</b>	<b>CHAMPIONSHIP ELITE</b>	<b>NATIONAL ELITE</b>	<b>FRESHMAN ELITE</b>	<b>MIDDLE SCHOOL</b>
<b>1000m Swedish Medley Relay</b>	2:23.00	X	X	X
<b>800m Sprint Medley Relay</b>	1:54.00	1:59:00	X	X
<b>1600m Medley Relay</b>	4:16.90	X	X	X
<b>Distance Medley Relay 4000m</b>	12:35.00	X	X	X

<b>Shuttle Hurdle Relay</b>	<b>1:07.00</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Long Jump</b>	<b>18-8</b>	<b>18-0</b>	<b>15-3</b>	<b>OPEN</b>
<b>Triple Jump</b>	<b>38-0</b>	<b>36-0</b>	<b>X</b>	<b>X</b>
<b>High Jump</b>	<b>5-5</b>	<b>5-0</b>	<b>X</b>	<b>OPEN</b>
<b>Pole Vault</b>	<b>12-4</b>	<b>12-0</b>	<b>X</b>	<b>OPEN</b>
<b>Shot Put</b>	<b>43-6</b>	<b>38-0</b>	<b>33-0</b>	<b>OPEN</b>
<b>Discus</b>	<b>140-7</b>	<b>127-0</b>	<b>X</b>	<b>OPEN</b>
<b>Javelin</b>	<b>125-0</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Hammer</b>	<b>140-0</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Heptathlon</b>	<b>4500</b>	<b>X</b>	<b>X</b>	<b>X</b>