

MALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
100m	10.90	11.20	11.78	OPEN
200m	21.90	22.50	23.10	OPEN
400m	48.70	49.80	53.20	OPEN
800m	1:54.00	1:57.20	2:06.00	OPEN
1 Mile	4:17.00	4:25.00	4:42.38	OPEN
	Can Qualify with 1600m			
	4:15.80	4:23.00	4:40.00	OPEN
	Can Qualify with 1500m			
2 Mile	3:59.00	4:07.30	4:24.38	OPEN
	Can Qualify with 3200m			
	9:17.60	9:34.60	10:05.0	OPEN
	Can Qualify with 3000m			
3000m Racewalk	9:13.85	9:30.60	10:01.0	OPEN
	Can Qualify with 3000m			
	8:36.85	8:54.60	9:25	OPEN
	Can Qualify with 1500m Racewalk using times below			
3000m Racewalk	15:44.00	X	X	X
	Can Qualify with 1 Mile Racewalk using times below			
	9:34.00	X	X	X
	Can Qualify with 1500m Racewalk using times below			
3000m Racewalk	8:54.00	X	X	X
	Can Qualify with 1500m Racewalk using times below			
	Can Qualify with 1500m Racewalk using times below			
	Can Qualify with 1500m Racewalk using times below			
MALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
110h	14.55	15.20	16.00	OPEN (100h)
400h	56.00	58.00	X	X
	Can Qualify with 300h			
	40.00	42.00	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	43.00	43.80	X	OPEN
4 x 200m Relay	1:31.00	1:33.00	X	X
4 x 400m Relay	3:25.00	3:30.00	X	X
4 x 800m Relay	8:05	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	X	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	23-0	22-0	19-0	OPEN
Triple Jump	45-2	43-7	X	X
High Jump	6-6	6-2	5-10	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	135-0	X	X	X
Hammer	156-0	X	X	X
Decathlon	5500	X	X	X

MIXED EVENTS	CHAMPIONSHIP	NATIONAL ELITE	FRESHMAN	MIDDLE SCHOOL
4 x 400 Mixed Relay	3:44.80	X	X	X