

FEMALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
100m	12.15	12.43	13.25	OPEN
200m	24.55	25.75	27.70	OPEN
400m	56.85	57.60	1:04.00	OPEN
800m	2:13.85	2:18.06	2:30.00	OPEN
1 Mile	4:59.04	5:06.00	5:19.00	OPEN
	Can Qualify with 1600m using times below			
	4:57.06	5:04.50	5:17.30	OPEN
	Can Qualify with 1500m using times below			
	4:39.04	4:46.00	5:01.00	OPEN
2 Mile	11:02.51	11:10.00	12:00.00	OPEN
	Can Qualify with 3200m using times below			
	10:58.00	11:06.00	11:56.00	OPEN
	Can Qualify with 3000m using times below			
	10:22.00	10:30.00	11:20.00	OPEN
3000m Racewalk	17:01.00	X	X	X
	Can Qualify with 1 Mile Racewalk using times below			
	8:51.00	X	X	X
	Can Qualify with 1500m Racewalk using times below			
	8:11.00	X	X	X
FEMALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
100h	14.67	15.07	16.00	OPEN
400h	1:04.00	1:05.10	X	X
	Can qualify with 300h using times below			
	45.00	47.00	X	X
2000m Steeplechase	7:31.00	X	X	X
	Can Qualify with 3000m Steeplechase using times below			
	11:06.00	X	X	X
4 x 100m Relay	49.00	50.40	X	OPEN
4 x 200m Relay	1:46.00	1:48.50	X	X
4 x 400m Relay	4:02.00	4:04.00	X	X
4 x 800m Relay	9:41	X	X	X
FEMALE EVENTS	CHAMPIONSHIP ELITE	NATIONAL ELITE	FRESHMAN ELITE	MIDDLE SCHOOL
1000m Swedish Medley Relay	2:23.00	X	X	X
800m Sprint Medley Relay	1:54.00	X	X	X

1600m Medley Relay	4:16.90	X	X	X
Distance Medley Relay 4000m	12:35.0	X	X	X
Shuttle Hurdle Relay	1:07.00	X	X	X
Long Jump	18-8	17-0	15-3	OPEN
Triple Jump	38-0	35-0	X	X
High Jump	5-5	5-0	X	OPEN
Pole Vault	12-4	12-0	X	OPEN
Shot Put	43-6	38-0	33-0	OPEN
Discus	140-7	127-0	X	OPEN
Javelin	93-0	X	X	X
Hammer	117-0	X	X	X
Heptathlon	4500	X	X	X