

Division One
Qualifying Meet Standards 2022-23

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55-meter Hurdles	10.20	10.60
55 meters	7.10	8.10
300 meters	41.00	47.50
600 meters	1:38.0	2:00.0
1000 meters	3:00.0	3:45.0
1500 meters	4:50.0	6:00.0
3000 meters	10:10.0	13:00.0
Shot Put	36' 0"	25' 0"
Long Jump	17' 9"	13' 6"
High Jump	5' 2"	4' 6"

Division Two
Qualifying Meet Standards 2022-23

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55-meter Hurdles	11.50	11.20
55 meters	7.20	8.30
300 meters	41.00	49.00
600 meters	1:38.0	2:05.0
1000 meters	3:00.0	3:55.0
1500 meters	4:50.0	6:15.0
3000 meters	10:45.0	13:30.0
Shot Put	33' 0"	25' 0"
Long Jump	17' 9"	13' 6"
High Jump	5' 2"	4' 4"