

OIA Track & Field Championship Standards:

EVENTS	G.Vars	G. Vars	G.JV	G.JV	B. Vars	B. Vars	B. JV	B.JV
	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
100 Meters Hurdles	18.80	19.04	20.00	20.24				
110 Meters High Hurdles					17.40	17.64	20.20	20.44
100 Meters Dash	13.50	13.74	14.00	14.24	11.30	11.54	11.90	12.14
1500 Meters Run	5:46.00	5:46.24	6:07.40	6:07.64	4:42.50	4:42.74	5:15.00	5:15.24
4x100 Meters Relay	58.00	58.24	66.00	66.24	47.00	47.24	55.80	56.04
400 Meters Dash	68.60	68.84	70.50	70.74	55.00	55.24	58.50	58.74
300 Meters Low Hurdles	56.00	56.24	61.10	61.34				
300 Meters Inter. Hurdles					44.50	44.74	51.10	51.34
800 Meters Run	2:48:00	2:48.24	2:56.30	2:56.54	2:13.00	2:13.24	2:24.00	2:24.24
200 Meters Dash	29.20	29.44	29.50	29.74	24.00	24.24	24.50	24.74
3000 Meters Run	13:12.00	13:12.24	13:32.00	13:32.24	10:39.80	10:40.04	11:29.80	11:30.04
4x400 Meters Relay	4:48.00	4:48.24	5:12.00	5:12.24	3:45.00	3:45.24	4:06.90	4:07.14
Pole Vault	6' 6"		6' 0"		9' 6"		7' 6"	
High Jump	4' 6"		4' 0"		5' 6"		5' 0"	
Long Jump	14' 6"		13' 0"		19' 6"		17' 6"	
Triple Jump	30' 0"		26' 0"		39' 0"		35' 0"	
Discus	95' 0"		74' 3"		123' 0"		90' 0"	
Shot Put	30' 0"		25' 9"		41' 6"		34' 0"	

OIA Track & Field Divisional Standards:

EVENTS	G.Vars	G. Vars	G.JV	G.JV	B. Vars	B. Vars	B. JV	B.JV
	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
100 Meters Hurdles	23.50	23.74	25.00	25.24				
110 Meters High Hurdles					22.60	22.84	23.00	23.24
100 Meters Dash	16.00	16.24	16.60	16.84	12.80	13.04	13.40	13.64
1500 Meters Run	6:58.40	6:58.64	7:26.30	7:26.54	5:34.70	5:34.94	6:02.60	6:02.84
4x100 Meters Relay	63.00	63.24	66.00	66.24	52.00	52.24	58.00	58.24
400 Meters Dash	78.60	78.84	82.00	82.24	64.60	64.84	66.00	66.24
300 Meters Low Hurdles	63.00	63.24	67.00	67.24				
300 Meters Inter. Hurdles					49.80	50.04	57.00	57.24
800 Meters Run	3:15.00	3:15.24	3:30.00	3:30.24	2:30.00	2:30.24	2:45.00	2:45.24
200 Meters Dash	34.50	34.74	35.00	35.24	26.80	27.04	28.00	28.24
3000 Meters Run	15:47.70	15:47.94	16:15.60	16:15.84	11:50.80	11:51.04	12:34.60	12:34.84
4x400 Meters Relay	5:50.00	5:50.24	6:00.00	6:00.24	4:20.00	4:20.24	4:30.00	4:30.24
Pole Vault	6' 0"		5' 6"		8' 0"		7' 6"	
High Jump	4' 0"		3' 10"		5' 0"		4' 8"	
Long Jump	13' 0"		12' 0"		16' 0"		15' 0"	
Triple Jump	26' 0"		25' 0"		32' 0"		30' 0"	
Discus	55' 0"		50' 0"		90' 0"		80' 0"	
Shot Put	21' 0"		20' 0"		30' 0"		26' 0"	

OIA Relays Qualifying Field Standards

EVENTS	GIRLS	BOYS
Pole Vault	6' 0"	8' 0"
High Jump	4' 2"	5' 6"
Long Jump	13' 0"	18' 6"
Triple Jump	29' 9"	36' 0"
Discus	80' 0"	120' 0"
Shot Put	26' 0"	41' 0"