

<b>GIRLS</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>OIA</b>	<b>STATE</b>
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	VARSITY	VARSITY	VARSITY	VARSITY	RELAYS	2019
<b>Order of</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	Meet	LYNX
<b>RUNNING EVENTS</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>	Discontinued	<b>F.A.T.</b>
100 Meter High Hurdles	25.0	25.24	22.0	22.24	23.5	23.74	19.8	20.04		Top 24 +4
100 Meter Dash	16.6	16.84	14.1	14.34	16.0	16.24	13.6	13.84		Top 24 +4
1500 Meter Run	7:26.3	7:26.54	6:40.0	6:40.24	6:58.40	6:58.64	5:55.0	5:55.24		Top 24 +4
400 Meter Relay (4X100)	66.0	66.24	65.0	65.24	63.0	63.24	58.0	58.24		Top 24 +4
400 Meter Dash	82.0	82.24	72.0	72.24	78.6	78.84	68.0	68.24		Top 24 +4
300 Meter Low Hurdles	67.0	67.24	63.0	63.24	63.0	63.24	58.0	58.24		Top 24 +4
800 Meter Run	3:30.0	3:30.24	3:03.0	3:03.24	3:15.00	3:15.24	2:45.00	2:45.24		Top 24 +4
200 Meter Dash	35.0	35.24	30.4	30.64	34.5	34.74	29.0	29.24		Top 24 +4
3000 Meter Run	16:15.6	16:15.84	14:30.0	14:30.24	15:47.70	15:47.94	13:20.0	13:20.24		Top 24 +4
1600 Meter Relay (4X400)	6:00.0	6:00.24	5:10.0	5:10.24	5:50.0	5:50.24	4:48.0	4:48.24		Top 24 +4
<b>FIELD EVENTS</b>										
Pole Vault	5'6"		5'6"		6'0"		6'6"		6'0"	Top 24 +4
High Jump	3'10"		3'10"		4'0"		4'4"		4'2"	Top 24 +4
Long Jump	12'0"		13'0"		13'0"		13'6"		13'0"	Top 24 +4
Triple Jump	25'0"		25'0"		26'0"		27'0"		26'9"	Top 24 +4
Discus	50'0"		60'0"		55'0"		75'0"		80'0"	Top 24 +4
Shot Put	20'0"		21'6"		21'0"		27'5"		26'0"	Top 24 +4
Faster - Longer - Higher			<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>							
Slower - Shorter - Lower										
No Change										
<b>BOYS</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>DIVISIONAL</b>	<b>DIVISIONAL</b>	<b>OIA</b>	<b>OIA</b>	<b>OIA</b>	<b>STATE</b>
J.V. & VARSITY	J.V.	J.V.	J.V.	J.V.	VARSITY	VARSITY	VARSITY	VARSITY	RELAYS	2019
<b>Order of</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>	Meet	LYNX
<b>RUNNING EVENTS</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>		<b>F.A.T.</b>	Discontinued	<b>F.A.T.</b>
110 Meter High Hurdles	23.0	23.24	22.0	22.24	22.6	22.84	18.0	18.24		Top 24 +4
100 Meter Dash	13.4	13.64	11.9	12.14	12.8	13.04	11.5	11.74		Top 24 +4
1500 Meter Run	6:02.6	6:02.84	5:05.5	5:05.24	5:34.70	5:34.94	4:45.0	4:45.24		Top 24 +4
400 Meter Relay (4X100)	58.0	58.24	58.0	58.24	52.0	52.24	47.0	47.24		Top 24 +4
400 Meter Dash	66.0	66.24	59.0	59.24	64.6	64.84	55.0	55.24		Top 24 +4
300 Meter INTER. Hurdles	57.0	57.24	53.0	53.24	49.8	50.04	46.5	46.74		Top 24 +4
800 Meter Run	2:45.0	2:45.24	2:27.5	2:25.24	2:45.0	2:14.0	2:14.0	2:14.24		Top 24 +4
200 Meter Dash	28.0	28.24	25.2	25.44	26.8	27.04	24.2	24.44		Top 24 +4
3000 Meter Run	12:32.6	12:32.84	11:45.0	11:45.24	11:50.80	11:51.04	10:45.0	10:45.24		Top 24 +4
1600 Meter Relay (4X400)	4:30.0	4:30.24	4:30.0	4:30.24	4:20.0	4:20.24	3:55.0	3:55.24		Top 24 +4
<b>FIELD EVENTS</b>										AUTO
Pole Vault	7'0"		7'0"		8'0"		9'6"		8'0"	Top 24 +4
High Jump	4'8"		4'10"		5'0"		5'6"		5'6"	Top 24 +4
Long Jump	15'0"		17'0"		16'0"		19'0"		18'6"	Top 24 +4
Triple Jump	30'0"		31'0"		32'0"		37'0"		36'0"	Top 24 +4
Discus	80'0"		80'0"		90'0"		112'0"		120'0"	Top 24 +4
Shot Put	26'0"		29'0"		30'0"		40'0"		41'0"	Top 24 +4
Faster - Longer - Higher			<b>MINIMUM MEET STANDARDS SUBJECT TO CHANGE</b>							
Slower - Shorter - Lower										
No Change										