

BOYS EVENTS - 2022

Event	CHAMPI ONSHI P	EMERGI NG ELI TE	FRESHMAN	M DDLE SCHOOL
100m	10. 74	11. 14	11. 84	12. 94
200m	21. 64	22. 14	X	28. 00
400m	48. 54	49. 34	52. 04	56. 04
800m	1: 54. 00	1: 56. 50	X	2: 25. 00
1 Mle	4: 16. 00	4: 24. 00	4: 40. 00	5: 10. 00
My also qualify with 1600m	4: 14. 80	4: 22. 80	4: 38. 80	5: 08. 80
My also qualify with 1500m	3: 58. 00	4: 06. 00	4: 22. 00	4: 52. 00
2 Mles	9: 15. 00	9: 32. 00	10: 00. 00	11: 00. 00
My also qualify with 3200m	9: 11. 00	9: 28. 00	9: 56. 00	10: 56. 00
My also qualify with 3000m	8: 35. 00	8: 52. 00	9: 20. 00	10: 20. 00
5000m	14: 55. 00	X	X	X
My also qualify with 2 miles	9: 25. 00	X	X	X
My also qualify with 3200m	9: 21. 00	X	X	X
My also qualify with 3000m	8: 45. 00	X	X	X
110h	14. 44	14. 84	X	X

Event	CHAMPI ONSHI P	EMERGI NG ELI TE	FRESHMAN	M DDLE SCHOOL
100h	X	X	X	X
400h (36")	54. 54	55. 54	X	X
May also qualify with 300h	38. 54	39. 54	X	X
2000m Steeple	6: 25. 00	X	X	X
May also qualify with 3000m Steeple	9: 55. 00	X	X	X
3000m Racewalk	15: 40. 00	X	X	X
May also qualify with 1 Mile Racewalk	9: 30. 00	X	X	X
May also qualify with 1500m Racewalk	8: 50. 00	X	X	X
4 x 100m Relay	42. 94	43. 64	X	X
4 x 200m Relay	1: 31. 00	1: 34. 00	X	X
4 x 400m Relay	3: 24. 00	3: 29. 00	X	X
4 x 800m Relay	7: 58. 00	8: 06. 00	X	X
4 x 1 Mile Relay	18: 00. 00	X	X	X
800m Medley Relay	1: 37. 00	1: 40. 00	X	X
1000m (Swedish) Medley Relay	2: 02. 00	X	X	X
1600 Medley Relay	3: 36. 00	3: 42. 00	X	X
Distance Medley (4000m) Relay	10: 20. 00 (entry limit 15)	10: 36. 00	X	X

Event	CHAMPIONSHIP	EMERGING ELITE	FRESHMAN	MIDDLE SCHOOL
Shuttle Hurdle Relay	1:02.00	X	X	X
High Jump	6-06/ 1.98	6-02/ 1.88	X	X
Pole Vault	15-07/ 4.75	14-03/ 4.34	X	X
Long Jump	23-02/ 7.06	22-00/ 6.70	19-00/ 5.79	16-00/ 4.88
Triple Jump	46-06/ 14.17	43-06/ 13.26	X	X
Shot Put	57-00/ 17.37	51-00/ 15.54	36-00/ 10.97(121bs)	*32-00/ 9.75(4kg) 39-07.5/ 12.81(61b)
Discus	170-00/ 51.82	150-00/ 45.72	X	X
Javelin	175-00/ 53.34	150-00/ 45.72	X	X
Hammer	172-00/ 52.42	150-00/ 45.72	X	X
Decathlon	5400 (entry limit 24)	X	X	X
When using composite of indoor/outdoor 2022 bests	5800	X	X	X

MIXED 4X400 RELAY 2022

Combined Event	Championship	Emerging Elite	Freshman	Middle School
Mixed 4x400 Relay	3:45.00	X	X	X

GI RLS EVENTS 2022

Event	Champi onshi p	Emer gi ng El i te	Freshman	M d d l e School
100m	11. 94	12. 34	13. 04	14. 04
200m	24. 64	25. 24	X	32. 00
400m	55. 54	57. 04	59. 04	61. 04
800m	2: 12. 00	2: 18. 00	X	2: 40. 00
1 M l e	4: 58. 00	5: 05. 00	5: 18. 00	5: 40. 00
May also qualify with 1600m	4: 56. 50	5: 03. 50	5: 16. 50	5: 38. 50
May also qualify with 1500m	4: 38. 00	4: 45. 00	5: 00. 00	5: 20. 00
2 M l e s	10: 48. 00	11: 08. 00	11: 40. 00	12: 30. 00
May also qualify with 3200m	10: 44. 00	11: 04. 00	11: 36. 00	12: 26. 00
May also qualify with 3000m	10: 08. 00	10: 28. 00	11: 00. 00	11: 50. 00
5000m	18: 10. 00	X	X	X
May also qualify with 2 miles	11: 00. 00	X	X	X
May also qualify with 3200m	10: 56. 00	X	X	X
May also qualify with 3000m	10: 16. 00	X	X	X
100h	14. 64	15. 04	X	X

Event	Championship	Emerging Elite	Freshman	Middle School
400h (30")	62.94	64.24	X	X
May also qualify with 300h	43.94	45.24	X	X
2000m Steeple	7:45.00	X	X	X
May also qualify with 3000m Steeple	11:05.00	X	X	X
3000m Racewalk	17:00.00	X	X	X
May also qualify with 1 Mile Racewalk	8:50.00	X	X	X
May also qualify with 1500m Racewalk	8:10.00	X	X	X
4 x 100m Relay	49.04	49.84	X	X
4 x 200m Relay	1:45.00	1:47.50	X	X
4 x 400m Relay	4:02.00	4:08.00	X	X
4 x 800m Relay	9:30.00	9:50.00	X	X
4 x 1 Mile Relay	21:30.00	X	X	X
800m Medley Relay	1:52.00	1:57.00	X	X
1000m (Swedish) Medley Relay	2:23.00	X	X	X
1600 Medley Relay	4:16.00	4:22.00	X	X
Distance Medley (4000m) Relay	12:15.00 (entry limit 15)	12:38.00	X	X
Shuttle Hurdle Relay	1:05.00	X	X	X

Event	Championship	Emerging Elite	Freshman	Middle School
High Jump	5-05/ 1.66	5-02/ 1.57	X	X
Pole Vault	12-05/ 3.78	11-06/ 3.50	X	X
Long Jump	18-10/ 5.74	17-06/ 5.33	16-06/ 5.03	13-06/ 4.11
Triple Jump	38-09/ 11.81	36-06/ 11.12	X	X
Shot Put	44-00/ 13.41	40-00/ 12.19	33-00/ 10.05(4kg)	*26-00/ 7.92(4kg) 32-02.5/ 9.81(61b)
Discus	130-0/ 39.62	110-00/ 33.52	X	X
Javelin	120-0/ 36.58	105-00/ 32.00	X	X
Hammer	130-0/ 39.62	115-00/ 35.05	X	X
Heptathlon	4200 (entry limit 24)	X	X	X
When using composite of indoor/outdoor 2022 bests	4500	X	X	X

*Middle School Shot Put is contested with a 4kg shot