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**2023 – 2024 Outdoor Track & Field Qualifying Standards**

For athletes and teams to qualify for the 2024 Outdoor Track & Field City Championships, they must meet the qualifying standards set below. You are able to qualify by meeting the time/mark.

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| --- | --- | --- | --- | --- | --- |
| **Event** | **Boys (Hand Time)** | **Boys (FAT)** | **Girls (Hand Time)** | **Girls (FAT)** | **Secondary**  **Standard** |
| 100m | 11.1 | 11.34 | 12.7 | 12.94 | 32 |
| 200m | 22.9 | 23.14 | 26.4 | 26.64 | 32 |
| 400m | 51.7 | 51.94 | 61.0 | 61.24 | 24 |
| 800m | 02:04.3 | 2:04.54 | 2:29.1 | 2:29.34 | 24 |
| 1500m |  |  | 5:19.3 | 5:19.54 | 24 |
| 1500m Race Walk |  |  | 8:50.0 | 8:50.24 | 12 |
| 1600m | 4:42.5 | 4:42.74 |  |  | 24 |
| 3000m |  |  | 11:55.4 | 11:55.64 | 20 |
| 3200m | 10:22.2 | 10:22.44 |  |  | 24 |
| 100m HH |  |  | 17.9 | 18.14 | 24 |
| 110m HH | 17.0 | 17.24 |  |  | 24 |
| 400 IH | 1:02.8 | 1:03.04 | 1:13.6 | 1:13.84 | 24 |
| 4x100m Relay | 45.0 | 45.24 | 52.0 | 52.24 | 18 |
| 4x400m Relay | 3:31.4 | 3:31.64 | 4:13.5 | 4:13.74 | 12 |
| 4x800m Relay | 8:47.7 | 8:47.94 | 10:43.4 | 10:43.64 | 12 |
| 2000m Steeple |  |  | 8:01.0(w/o water)/8:31.0(w/ water) | 8:01.24(w/o water)/8:31.24(w/ water) | 12 |
| 3000m Steeple | 10:38.0(w/o water)/11:10.0(w/ water) | 10:38.24(w/o water)/11:10.24(w/ water) |  |  | 12 |
| Pentathlon | 2240 points |  | 2050 points |  | 10 |
| **Event** | **Boys** | | **Girls** | |  |
| High Jump | 5"8" | | 4'10" | | 10 |
| Long Jump | 20'3" | | 16'5" | | 12 |
| Triple Jump | 40'6" | | 32'4" | | 12 |
| Shot Put | 40'8" | | 31'6" | | 12 |
| Discus | 104'8" | | 79'8" | | 12 |
| Pole Vault | 10'0" | | 7'0" | | 10 |
| Javelin | 115'9" | | 73'11" | | 12 |