

THE FRESHMAN OAKLAND COUNTY 2021 QUALIFYING STANDARDS

<u>Boys Standard</u>	<u>Event</u>	<u>Girls Standard</u>
9' 0"	Pole Vault	6' 6"
5' 2"	High Jump	4' 6"
18' 0"	Long Jump	14' 0"
35' 0"	Shot Put	27' 0"
100' 0"	Discus	75' 0"
9:59.0	3200 Relay	11:55.0
19.00	110/100 HH	19.00
12.40	100 M Dash	13.50
1:45.00	800 Relay	11:59.00
5:05.00	1600 M Run	6:05.00
51.00	400 Relay	57.00
56.50	400 M Dash	66.50
2:14.00	800 M Run	2:39.00
51.00	300 Hurdles	57.00
25.00	200 M Dash	29.00
11:00.00	3200 M Run	13:20.00
4:00.00	1600 Relay	4:40.00

Qualifying standards in the field events

Represent the opening heights in the high jump and pole vault.

For the shot, discus, and long jump, the standard represents the distances below which no measurement will be made.

COACHES - PLEASE ADHERE TO THE STANDARDS
Remember, the efficiency of this meet depends on YOU!