

**Boys Track & Field 2009
Varsity Invitational &
Relay Meet Requirements**

Field Events:

Shot Put

**9th/10th- 38 feet
11th- 12th- 42 feet**

Discus

**9th/10th- 100 feet
11th/12th- 125 feet**

High Jump

**9th/10th- 5'2 feet
11th- 12th- 5'5 feet**

Long Jump

**9th/10th- 17'0 feet
11th/12th- 19'0 feet**

Pole Vault

**9th/10th- Based on 100 meters
11th/12th- based on 100 meters**

Running Events:

100 Meters

**9th/10th- 12.75
11th/12th- 11.75**

200 Meters

**9th/10th- 24.75
11th/12th- 23.75**

400 Meters

**9th/10th- 58.00
11th/12th- 54.50**

800 Meters

**9th/10th- 2:15.00
11th/12th- 2:08.00**

1,600 Meters

**9th/10th- 5:20.00
11th/12th- 5:00.00**

3,200 Meters

**9th/10th- 11:20.00
11th/12th- 10:40.00**

110 Hurdles

**9th/10th- 19.00
11th/12th- 17.25**

300 Hurdles

**9th/10th- 45.00
11th/12th- 43.00**

*** To travel to varsity invitational and relay meets you must meet these times and distances prior to competition. We will fill all entries so closest to the mark will travel if no one, meets these marks**

*** The Hammer, Triple Jump, & Steeplechase will be decided by coach's decision and the ability of the athlete to do drills to simulate the event.**

*** These times and distances can be adjusted based on weather, practice space and number of athletes at an event. All athletes will be given a fair and honest chance to meet the criteria to travel and compete.**