

Diocese of Columbus
DIOCESAN RECREATION ASSOCIATION
 197 East Gay Street
 Columbus, Ohio 43215

2019 TRACK QUALIFYING STANDARDS

EVENT (English Units)	<u>4th & 5th</u>		<u>Reserve</u>		<u>Varsity</u>	
	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>
50 Meter	9.0	8.9				
100 Meter	17.00	16.40	16.00	14.80	15.00	13.50
200 Meter	38.00	37.00	35.00	32.50	33.50	29.50
400 Meter	1:28.00	1:25.00	1:17.50	1:14.00	1:16.00	1:10.00
800 Meter	3:30	3:20	3:20.00	3:05.00	3:05.00	2:45.00
1600 Meter Run			7:10.00	6:30.00	6:45.00	6:10.00
Shuttle Relay	38.00	37.00				
400 Relay	1:16.00	1:12.00	1:11.00	1:09.00	1:09.50	1:06.00
800 Relay	2:32.00	2:27.00	2:22.00	2:19.00	2:17.00	2:09.00
1600 Meter Relay			5:20.00	5:14.00	5:12.00	5:00.00
Hurdles			25.00	22.30	21.50	20.50
200 Meter Hurdles			0:43.00	0:38.00	0:40.00	0:34.00
High Jump			3'8"	3'10"	3'10"	4'2"
Long Jump	7'6"	9'0"	9'6"	10'8"	11'0"	12'6"
Shot Put	15'0" (6#)	18'0" (6#)	20'6" (6#)	23.6" (6#)	21'0" (6#)	26'0" (8lb. 13 ounce)
Discus			45'0"	51'0"	50'0"	70'0"
Softball Throw	56'6"	85'0"				