

<b>Division</b>	<b>Event</b>	<b>Standard</b>
8&U Girls	100	21.00
8&U Boys	100	20.00
9-10 Girls	100	20.00
9-10 Boys	100	19.00
11-12 Girls	100	19.00
11-12 Boys	100	18.00
13-14 Girls	100	18.00
13-14 Boys	100	17.00
15-16 Girls	100	17.00
15-16 Boys	100	16.00
Open Women	100	16.00
Oen Men	100	15.00
8&U Girls	200	42.00
8&U Boys	200	41.00
9-10 Girls	200	40.00
9-10 Boys	200	39.00
11-12 Girls	200	38.00
11-12 Boys	200	37.00
13-14 Girls	200	36.00
13-14 Boys	200	35.00
15-16 Girls	200	33.00
15-16 Boys	200	32.00
Open Women	200	31.00
Oen Men	200	30.00
8&U Girls	400	01:42.0
8&U Boys	400	01:40.0
9-10 Girls	400	01:37.0
9-10 Boys	400	01:35.0
11-12 Girls	400	01:32.0
11-12 Boys	400	01:30.0
13-14 Girls	400	01:28.0
13-14 Boys	400	01:26.0
15-16 Girls	400	01:24.0
15-16 Boys	400	01:20.0
Open Women	400	01:18.0
Oen Men	400	01:16.0
8&U Girls	800	03:42.0
8&U Boys	800	03:40.0
9-10 Girls	800	03:32.0

9-10 Boys	800	03:30.0
11-12 Girls	800	03:22.0
11-12 Boys	800	03:20.0
13-14 Girls	800	03:05.0
13-14 Boys	800	03:00.0
15-16 Girls	800	02:50.0
15-16 Boys	800	02:44.0
Open Women	800	02:40.0
Oen Men	800	02:38.0
8&U Girls	1500	06:45.0
8&U Boys	1500	06:40.0
9-10 Girls	1500	06:35.0
9-10 Boys	1500	06:25.0
11-12 Girls	1500	06:20.0
11-12 Boys	1500	06:15.0
13-14 Girls	1500	06:05.0
13-14 Boys	1500	05:55.0
15-16 Girls	1500	05:50.0
15-16 Boys	1500	05:45.0
Open Women	1500	05:45.0
Oen Men	1500	05:40.0
11-12 Girls	3000	12:50.0
11-12 Boys	3000	12:40.0
13-14 Girls	3000	12:20.0
13-14 Boys	3000	12:10.0
15-16 Girls	3000	12:00.0
15-16 Boys	3000	11:50.0
Open Women	3000	12:00.0
Oen Men	3000	11:50.0
8&U Girls	4x100	01:30.0
8&U Boys	4x100	01:30.0
9-10 Girls	4x100	01:20.0
9-10 Boys	4x100	01:20.0
11-12 Girls	4x100	01:10.0
11-12 Boys	4x100	01:10.0
13-14 Girls	4x100	01:00.0
13-14 Boys	4x100	01:00.0
15-16 Girls	4x100	01:00.0
15-16 Boys	4x100	50.00
Open Women	4x100	01:00.0
Oen Men	4x100	50.00

8&U Girls	4x400	7.00.00
8&U Boys	4x400	7.00.00
9-10 Girls	4x400	06:30.0
9-10 Boys	4x400	06:30.0
11-12 Girls	4x400	06:00.0
11-12 Boys	4x400	06:00.0
13-14 Girls	4x400	05:30.0
13-14 Boys	4x400	05:30.0
15-16 Girls	4x400	05:00.0
15-16 Boys	4x400	04:30.0
Open Women	4x400	05:00.0
Oen Men	4x400	04:30.0

8&U Girls	Long Jump	2.20m
8&U Boys	Long Jump	2.20m
9-10 Girls	Long Jump	3.00m
9-10 Boys	Long Jump	3.25m
11-12 Girls	Long Jump	3.50m
11-12 Boys	Long Jump	3.70m
13-14 Girls	Long Jump	4.00m
13-14 Boys	Long Jump	4.50m
15-16 Girls	Long Jump	4.25m
15-16 Boys	Long Jump	5.00m
Open Women	Long Jump	4.25m
Oen Men	Long Jump	TBD

11-12 Girls	Discuss Throw	8.50m
11-12 Boys	Discuss Throw	9.50m
13-14 Girls	Discuss Throw	11.00m
13-14 Boys	Discuss Throw	10.00m
15-16 Girls	Discuss Throw	12.00m
15-16 Boys	Discuss Throw	12.50m
Open Women	Discuss Throw	12.00m
Oen Men	Discuss Throw	12.50m

9-10 Girls	High Jump	1.00m
9-10 Boys	High Jump	1.00m
11-12 Girls	High Jump	1.00m
11-12 Boys	High Jump	1.00m
13-14 Girls	High Jump	1.00m
13-14 Boys	High Jump	1.00m
15-16 Girls	High Jump	1.25m

15-16 Boys	High Jump	1.30m
Open Women	High Jump	1.25m
Oen Men	High Jump	1.30m
8&U Girls	Mini Javelin	4.00m
8&U Boys	Mini Javelin	6.00m
9-10 Girls	Mini Javelin	8.00m
9-10 Boys	Mini Javelin	10.00m
11-12 Girls	Aero Javelin	11.00m
11-12 Boys	Aero Javelin	12.00m
13-14 Girls	Javelin	14.00m
13-14 Boys	Javelin	15.00m
15-16 Girls	Javelin	16.00m
15-16 Boys	Javelin	17.00m
Open Women	Javelin	16.00m
Oen Men	Javelin	18.00m
13-14 Girls	Triple Jump	8.00m
13-14 Boys	Triple Jump	7.00m
15-16 Girls	Triple Jump	8.50m
15-16 Boys	Triple Jump	8.00m
Open Women	Triple Jump	8.00m
Oen Men	Triple Jump	9.00m
8&U Girls	Shot Put	2.50m
8&U Boys	Shot Put	2.75m
9-10 Girls	Shot Put	3.25m
9-10 Boys	Shot Put	3.75m
11-12 Girls	Shot Put	4.00m
11-12 Boys	Shot Put	5.00m
13-14 Girls	Shot Put	5.50m
13-14 Boys	Shot Put	6.25m
15-16 Girls	Shot Put	6.25m
15-16 Boys	Shot Put	8.00m
Open Women	Shot Put	6.25m
Oen Men	Shot Put	9.00m