YMCA INVITATIONAL

Presented by the Spine Institute of Idaho

MIDDLE SCHOOL CHAMPIONSHIPS

QUALIFYING STANDARDS

Mountain View High School

May 28, 2016

All 6th, 7th, and 8th Grade Track Athletes who place in the top 3 of their Final Meet or meet the qualifying marks listed below to compete in the YMCA Invitational. All Athletes are allowed to compete in up to 4 events

QUALIFYING STANDARDS				
	5th & 6th BOYS	5th & 6th GIRLS	7th & 8th BOYS	7th & 8th GIRLS
100M	14.9	16.8	13	14.4
200M	31	33	28	31.0
400M	70	75	65	70
100H 33"	Not Held	Not Held	18	Not Held
100H 30"	21	24	19	22
110H/100 33"	Not Held	Not Held	19.5	Not Held
200H 30"	34	38	32	36
800M	2:55	3:15	2:45	3:00
1600M	6:30	7:05	5:50	6:40
SHOT	26'	17'	30'	21'
DISCUS	70'	50'	80'	56'
LONG JUMP	12'	11'	13'6"'	12'6"
HIGH JUMP	4'	3'10"	4'6"	4'0"
TRIPLE JUMP	24'	22'	32'	26'
POLE VAULT	No PV	No PV	7'0"	6'

Boy's 7th & 8th grade 100 or110 hurdles are run differently in various districts. We will stick with the qualifying time listed for both. We plan to run the 100 hurdles in both boys & girls.

Relays will not have qualifying standards. We will run the 4 x 100, 4 x 200, 4 x 400 and the sprint Medley relay which will be (100, 100, 200, and 400)

SIZE OF IMPLEMENTS: 4K FOR THE 7TH AND 8TH Grade Boys & Girls
6 lb. for 5th & 6th Grade Boys & Girls.
1K DISCUS FOR ALL PARTICIPANTS