

**QUALIFYING STANDARDS**  
FOR  
**MICHIGAN LUTHERAN STATE TRACK MEET**

REVISED FOR 2010

<u>EVENT</u>	<u>CLASS</u>	<u>GIRLS</u>	<u>BOYS</u>
100	A	14.00	13.00
	B	15.00	14.60
200	A	29.70	26.90
	B	31.70	30.40
400	A	1:09.90	1:01.80
	B	1:13.90	1:12.40
800	A	2:48.00	2:30.00
	B	3:02.00	2:47.00
1600	A	6:20.00	5:35.00
	B	6:32.00	6:11.00
400 RELAY	A	59.70	55.50
	B	1:04.80	1:03.60
800 RELAY	A	2:06.10	1:55.80
	B	2:16.90	2:14.80
1600 RELAY	A	5:05.00	4:37.00
	B	5:26.00	5:26.00
HIGH JUMP	A	4' 5"	4' 11"
	B	4' 0"	4' 1"
LONG JUMP	A	13' 4"	15' 1"
	B	11' 6"	12' 6"
SHOT PUT	A	30' 3"	35' 8"
	B	24' 11"	25' 6"

THE TOP 4 FINISHERS (THE TOP 5 IN THE 100, 200, 400, LONG JUMP, AND SHOT PUT) IN EACH REGION AUTOMATICALLY QUALIFY FOR THE STATE TRACK MEET. ANY OTHER ATHLETES WHO MEET THE ABOVE STANDARDS AT THE REGIONAL MEET ALSO QUALIFY FOR THE STATE MEET. THESE STANDARDS WERE COMPILED FROM THE AVERAGE 8TH PLACE FINISH AT THE PAST 6 STATE TRACK MEETS.

THIS QUALIFICATION TABLE IS ONLY TO BE USED FOR ADDITIONAL QUALIFIERS FOR THE 2010 STATE TRACK MEET.