

Jets Qualifying Standards

These are the standards we, JETS, will use for away meets including National competitions.

1. All performances for running events must be made on a standard indoor or 400m outdoor track.
2. Marks must be made and verifiable in a competition with at least five athletes competing in the given event.
3. Times submitted in hundredths of a second must be F.A.T. times. Hand times must be rounded up to the next tenth of a second.
4. Imperial conversions for metric field event marks can be computed using the [field event mark conversion calculator](#).

<u>Boys</u>		<u>Girls</u>	
8 & Under Boys		8 & Under Girls	
100m	15.56	100m	15.67
200m	32.15	200m	33.13
400m	1:17.5	400m	1:17.89
800m	3:01.08	800m	3:02.96
1500m	6:49.77	1500m	7:35.54
Long Jump	2.78m	Long Jump	2.22m
Shot Put (2 kg)	2.99m	Shot Put (2 kg)	2.71m
Mini Javelin Throw	9.42m	Mini Javelin Throw	6.40m
4x100m	1:13.01	4x100m	1:14.63
4x400m	6:05.15	4x400m	6:07.42

9 - 10 Boys		9 - 10 Girls	
100m	14.56	100m	14.75
200m	29.75	200m	30.60
400m	1:08.20	400m	1:10.31
800m	2:41.82	800m	2:48.71
1500m	5:31.77	1500m	5:48.36
1600m	5:53.55	1600m	6:12.05
1500m Race Walk	11:40.96	1500m Race Walk	11:31.18
High Jump	1.10m	High Jump	1.10m
Long Jump	3.77m	Long Jump	3.46m
Shot Put (6 lb)	6.27m	Shot Put (6 lb)	5.41m

Mini Javelin Throw	20.19m	Mini Javelin Throw	11.64m
4x100m	1:01.91	4x100m	1:02.68
4x400m	4:49.53	4x400m	4:55.50
Triathlon	313 pts.	Triathlon	517 pts.
11 - 12 Boys		11 - 12 Girls	
100m	13.37	100m	13.58
200m	27.54	200m	27.70
400m	1:03.68	400m	1:04.76
800m	2:27.75	800m	2:37.47
1500m	5:02.48	1500m	5:14.27
1600m	5:23.05	1600m	5:35.64
3000m	10:58.80	3000m	11:47.80
3200m	11:43.60	3200m	12:35.93
1500m Race Walk	10:33.38	1500m Race Walk	10:59.31
80m Hurdles (30")	15.39	80m Hurdles (30")	15.12
High Jump	1.30m	High Jump	1.30m
Long Jump	4.36m	Long Jump	4.16m
Shot Put (6 lb)	9.11m	Shot Put (6 lb)	7.76m
Discus Throw (1 kg)	19.32m	Discus Throw (1 kg)	15.34m
Mini Javelin Throw	26.25m	Mini Javelin Throw	16.81m
4x100m	55.08	4x100m	56.53
4x400m	4:35.16	4x400m	4:41.53
4x800m	11:17.70	4x800m	11:29.41
Pentathlon	1410 pts.	Pentathlon	1736 pts.

13 - 14 Boys		13 - 14 Girls	
100m	12.09	100m	12.91
200m	24.35	200m	26.14
400m	54.94	400m	1:01.08
800m	2:11.60	800m	2:27.00
1500m	4:31.07	1500m	5:01.28
1600m	4:49.50	1600m	5:21.77
3000m	10:04.31	3000m	11:11.51
3200m	10:45.50	3200m	11:57.20
3000m Race Walk	21:49.46	3000m Race Walk	21:19.49
100m Hurdles (33")	16.78	100m Hurdles (30")	16.48
200m Hurdles (30")	28.78	200m Hurdles (30")	30.57

High Jump	1.55m	High Jump	1.40m
Pole Vault	2.55m	Pole Vault	2.15m
Long Jump	5.24m	Long Jump	4.63m
Triple Jump	9.85m	Triple Jump	9.15m
Shot Put (4 kg)	11.21m	Shot Put (6 lb)	10.59m
Discus Throw (1 kg)	32.39m	Shot Put (4 kg)	8.55m
Javelin Throw (600 g)	30.93m	Discus Throw (1 kg)	25.50m
4x100m	50.00	Javelin Throw (600 g)	23.13m
4x400m	3:58.09	4x100m	52.72
4x800m	10:01.84	4x400m	4:20.81
Pentathlon	1759 pts.	4x800m	10:58.05
		Pentathlon	2054 pts.
15 - 16 Boys			
100m	11.44	100m	12.59
200m	23.09	200m	25.65
400m	51.53	400m	58.47
800m	2:05.87	800m	2:26.67
1500m	4:19.96	1500m	5:00.73
1600m	4:37.64	1600m	5:21.18
3000m	9:40.18	3000m	11:17.13
3200m	10:19.63	3200m	12:03.17
3000m Race Walk	19:43.43	3000m Race Walk	21:37.20
110m Hurdles (39")	16.61	100m Hurdles (33")	15.93
400m Hurdles (36")	1:03.05	400m Hurdles (30")	1:10.96
300m Hurdles (36")	45.82	300m Hurdles (30")	51.16
2000m Steeplechase	7:42.74	2000m Steeplechase	9:30.70
High Jump	1.70m	High Jump	1.45m
Pole Vault	3.55m	Pole Vault	2.45m
Long Jump	5.79m	Long Jump	4.96m
Triple Jump	11.53m	Triple Jump	10.00m
Shot Put (12 lb)	12.56m	Shot Put (4 kg)	9.82m
Discus Throw (1.6 kg)	38.17m	Discus Throw (1 kg)	30.95m
Hammer Throw (12 lb)	32.92m	Hammer Throw (4 kg)	20.98m
Javelin Throw (800 g)	37.48m	Javelin Throw (600 g)	25.41m
4x100m	45.54	4x100m	50.71
4x400m	3:42.83	4x400m	4:13.89
4x800m	9:01.69	4x800m	10:45.14
Decathlon	4009 pts.	Heptathlon	3030 pts.

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17 - 18 Men		17 - 18 Women	
100m	11.25	100m	12.59
200m	22.36	200m	25.65
400m	50.10	400m	58.56
800m	2:01.89	800m	2:25.73
1500m	4:13.89	1500m	5:10.59
1600m	4:31.15	1600m	5:31.71
3000m	10:10.22	3000m	12:06.80
3200m	10:51.72	3200m	12:56.22
3000m Race Walk	19:02.69	3000m Race Walk	22:04.86
110m Hurdles (39")	15.30	100m Hurdles (33")	15.49
400m Hurdles (36")	1:02.32	400m Hurdles (30")	1:08.29
300m Hurdles (36")	43.32	300m Hurdles (30")	49.24
2000m Steeplechase	7:12.09	2000m Steeplechase	9:37.05
High Jump	1.80	High Jump	1.50m
Pole Vault	4.10	Pole Vault	2.80m
Long Jump	6.49	Long Jump	5.17m
Triple Jump	13.02	Triple Jump	10.73m
Shot Put (12 lb)	13.59	Shot Put (4 kg)	10.54m
Discus Throw (1.6 kg)	41.91	Discus Throw (1 kg)	32.73m
Hammer Throw (12 lb)	31.00	Hammer Throw (4 kg)	22.65m
Javelin Throw (800 g)	41.02	Javelin Throw (600 g)	25.96m
4x100m	44.07	4x100m	49.84
4x400m	3:34.27	4x400m	4:10.50
4x800m	8:44.43	4x800m	10:34.71
Decathlon	4072 pts.	Heptathlon	3012 pts