

QUALIFYING STANDARDS FOR OPEN MEETS
JANUARY 22 AND 29

The goals of these meets are:

- a) to give athletes who are close, an opportunity to qualify for the state meet
- b) to give NH's varsity athletes (i.e. state qualifiers) a quality, well run meet to compete in
- c) allow relay teams a chance to qualify for the state meets.

1. The following standards must have been met in order to participate in these meets:

	Boys	Girls
Shot Put	37'	26'
High Jump	5'4"	4'6"
Long Jump	18'	14'
55m HH	9.5	10.4
55m Dash	6.9	7.8
300m	40.0	46.5
600m	1:35	1:52
1000m	2:55	3:25
1500m	4:35	5:20
3000m	10:10	12:00

Relays - No Standards – However, a school should only enter teams that have a reasonable chance of qualifying for the Division meets. One good team is much better than two or three poor ones.

- 2. No team scoring.
- 3. Each team will still be limited to 40 entries.
- 4. **NO** athlete can double in the following events: 300; 600; 1000; 1500, 3000
- 5. If an athlete has not done an event before but has met the above standards in a similar event, that qualifies him/her for the event not done before.
- 6. Blocks will be allowed in 300m.
- 7. On January 29th we will not run a 3000m but will run a 4x800m Relay.
- 8. High Jump opening heights: Girls = 4'6", Boys = 5'4"

NOTE: No athletes may be entered in those meets who have not met the above standards--- which means they must be on the Battlenotes. If a school enters any athletes who have not met one of the above standards, all performances by that **team** will be disqualified.