

OIA Track & Field Championship Standards:

EVENTS	G. Vars	G. Vars	G.J.V.	G.J.V.	B. Vars	B. Vars	B.J.V.	B.J.V.
	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
100 hurdles	19.00	19.24	22.60	22.84				
110 hurdles					17.00	17.24	21.00	21.24
100 meter dash	13.40	13.64	15.00	15.24	11.40	11.64	12.80	13.04
1500 meter run	5:53.30	5:53.54	6:35.20	6:35.44	4:43.60	4:43.84	5:16.10	5:16.34
400 meter relay	58.00	58.24	66.00	66.24	47.00	47.24	55.80	56.04
400 meter dash	67.00	67.24	78.00	78.24	55.50	55.74	64.00	64.24
300 meter low hurdles	56.00	56.24	62.00	62.24				
300 meter inter. hurdles					45.00	45.24	55.00	55.24
800 meter run	2:45.00	2:45.24	3:15.00	3:15.24	2:15.0	2:15.24	2:24.00	2:24.24
200 meter dash	28.50	28.74	32.00	32.24	23.70	23.94	26.50	26.74
3000 meter run	13:00.40	13:00.64	13:56.20	13:56.44	10:45.0	10:45.24	11:46.10	11:46.34
1600 meter relay	4:48.00	4:48.24	5:12.00	5:12.24	3:45.00	3:45.24	4:06.90	4:07.24
Pole Vault	7' 0		6' 0		9'6		8' 0	
High Jump	4'6		4' 0		5' 6		5' 0	
Long Jump	14' 0		13' 0		19' 0		16' 9	
Triple Jump	28' 0		26' 0		37' 0		33' 0	
Discus	83'0		60' 0		123' 0		85' 0	
Shot Put	27'0		23' 0		41' 0		30' 0	

OIA Track & Field Divisional Standards:

EVENTS	G. Vars	G. Vars	G.J.V.	G.J.V.	B. Vars	B. Vars	B.J.V.	B.J.V.
	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
100 hurdles	23.50	23.74	25.00	25.24				
110 hurdles					22.60	22.84	23.00	23.24
100 meter dash	16.00	16.24	16.60	16.84	12.80	13.04	13.40	13.64
1500 meter run	6:58.40	6:58.44	7:26.30	7:26.54	5:34.70	5:34.94	6:02.60	6:02.84
400 meter relay	63.00	63.24	66.00	66.24	52.00	52.24	58.00	58.24
400 meter dash	78.60	78.84	82.00	82.24	64.60	64.84	66.00	66.24
300 meter low hurdles	63.00	63.24	67.00	67.24				
300 meter inter. hurdles					49.80	50.04	57.00	57.24
800 meter run	3:15.00	3:15.24	3:30.00	3:30.24	2:30.00	2:30.24	2:45.00	2:45.24
200 meter dash	34.50	34.74	35.00	35.24	26.80	27.04	28.00	28.24
3000 meter run	15:47.70	15:47.94	16:15.60	16:15.84	11:50.80	11:51.04	12:32.60	12:32.84
1600 meter relay	5:50.00	5:50.00	6:00.00	6:00.24	4:20.00	4:20.24	4:30.00	4:30.24
Pole Vault	6' 0		5' 6		8' 0		7' 6	
High Jump	4' 0		3' 10		5' 0		4' 8	
Long Jump	13' 0		12' 0		16' 0		15' 0	
Triple Jump	26' 0		25' 0		32' 0		30' 0	
Discus	55' 0		50' 0		90' 0		80' 0	
Shot Put	21' 0		20' 0		30' 0		26' 0	

OIA Relays - Qualifying Standards

EVENT:		GIRLS		BOYS
HIGH JUMP		4' 2		5' 6
TRIPLE JUMP		26' 9		36' 0
LONG JUMP		13' 0		18' 6
POLE VAULT		6' 0		8' 0
DISCUS		80' 0		120' 0
SHOT PUT		26' 0		41' 0