

CIFSDS Track & Field		
Qualifying Standards 2018		
Boys		Girls
CIFSDS	Event	CIFSDS
11.28	100 meters	12.87
22.76	200 meters	26.50
51.49	400 meters	1:01.17
2:00.54	800 meters	2:23.73
4:29.55	1600 meters	5:19.98
9:44.42	3200 meters	11:39.44
16.05	110/100 Hurdles	16.61
41.79	300 Hurdles	48.41
44.21	400 Relay	50.81
3:32.06	1600 Relay	4:15.01
21' 4"	Long Jump	16' 6"
41' 6"	Triple Jump	34' 0"
5' 10"	High Jump	4' 10"
12' 9"	Pole Vault	8' 11"
44' 8"	Shot Put	33' 0"
129' 4"	Discus	101' 11"