

2022 L.L. Championship Meet – Qualifying Guidance

- * Every school is entitled to one entry for each individual event & relay.
- * Each individual athlete is limited to 4 events (including relays) regardless of how many events he/she qualifies.
- * If a school has more than one qualifier, any athlete meeting or exceeding the standard below is permitted to be entered in the league meet for the event.
- * Schools are limited to one relay per relay event.

2nd Entry Standards

- * Times below are an average from 2014-2021 (w/ highest & lowest removed – No results from 2020 due to COVID).
- * Per NFHS, hand held standard will remain 0.24 faster for shorter races (100, 200, 400 & hurdles). There are mixed results for the longer races (800, 1600, and 3200) in terms of place value. These times are rounded to the tenths w/ no additional time needed to be added.

Event	Boys		Girls	
	<i>Hand-held</i>	<i>FAT</i>	<i>Hand-held</i>	<i>FAT</i>
100	11.14	11.38	12.67	12.91
200	23.21	23.45	26.74	26.98
400	52.79	53.03	1:03.06	1:03.30
800	2:04.2		2:28.6	
1600	4:37.2		5:34.3	
3200	10:20.8		12:03.3	
High Hurdles	15.85	16.09	16.69	16.93
300 Hurdles	42.31	42.55	49.59	49.83
Shot Put	45' 1"		32' 7"	
Discus	133' 2"		98' 1"	
Javelin	155' 7"		100' 0"	
Long Jump	20' 5"		16' 0"	
Triple Jump	41' 0"		32' 10"	
High Jump	5' 10"		4' 10"	
Pole Vault	11' 9"		8' 6"	