

ZEPHYRS TRAVEL STANDARDS 2018

In order for an athlete to be considered to travel to out of state invitationals and the USATF National Junior Olympics on a yearly basis. One must hit the performance standards, these marks are guidelines. Exceptions may be made.

Relays: All athletes competing on a relay must also have a qualifying standard in an individual event.

8 and Under

Boys	Event	Girls
14.97	100 Meters	15.05
30.84	200 Meters	31.31
01:09.8	400 Meters	01:12.2
02:54.1	800 Meters	03:01.9
06:05.8	1,500 Meters	06:06.3
01:02.7	4×100 Meter Relay	01:05.6
05:17.8	4×400 Meter Relay	05:45.0

3.29m	Long Jump	3.1m
5.56m	Shot Put	4.8m
16.85m	Mini Javelin	9.82m
Boys 9 and 10		
Boys	Event	Girls
13.68	100 Meters	14.28
28.21	200 Meters	28.95
01:03.9	400 Meters	01:08.1
02:37.3	800 Meters	02:47.0
05:33.5	1,500 Meters	05:41.8
56.8	4×100 Meter Relay	58.12

04:48.1	4×400 Meter Relay	05:01.9
4.03m	High Jump	3.8m
7.31m	Long Jump	6.4m
24.02m	Shot Put	17.47m
1.15m	Mini Javelin	1.15m
128pts	Triathlon	396pts
Boys 11 and 12		
Boys	Event	Girls
12.81	100 Meters	13.35
26.42	200 Meters	27.17
1:00.72	400 Meters	1:03.71

2:26.52	800 Meters	2:33.28
13.16	80 Meter Hurdles	14.19
5:02.66	1,500 Meters	5:20.85
10:58.83	3,000 Meters	11:45.47
9:43.41	1,500m Race Walk	10:12.61
51.59	4X100 Meter Relay	54.26
4:16.86	4×400 Meter Relay	4:29.77
10:19.42	4×800 Meter Relay	11:10.45
1.40m	High Jump	1.30m
4.57m	Long Jump	4.35m
9.73m	Shot Put	8.83m

21.19m	Discus Throw	18.01m
31.21m	Mini Javelin	21.89m
2124pts	Pentathlon	2258pts
Boys 13 and 14		
Boys	Event	Girls
11.74	100 Meters	12.62
24.32	200 Meters	26.07
54.23	400 Meters	59.88
02:11.9	800 Meters	02:28.2
04:32.8	1,500 Meters	05:11.3
10:17.2	3,000 Meters	11:25.5

15.47	100 Meter Hurdles	15.72
27.99	200 Meters Hurdles	30.08
19:20.2	3,000 Meter Race Walk	19:13.3
47.28	4×100 Meter Relay	50.88
03:54.2	4×400 Meter Relay	04:15.9
09:30.8	4×800 Meter Relay	10:38.7
1.60m	High Jump	1.45m
3.00m	Pole Vault	2.55m
5.49m	Long Jump	4.79m
10.69m	Triple Jump	9.98m
11.83m	Shot Put	10.47m
36.68m	Discus Throw	26.45m

32.41m	Javelin Throw	26.24m
2594pts	Pentathlon	2647pts
Boys 15 and 16		
Boys	Event	Girls
11.28	100 Meters	12.32
22.59	200 Meters	25.23
51.24	400 Meters	58.58
02:02.8	800 Meters	02:23.6
04:23.2	1,500 Meters	05:12.6
09:46.3	3,000 Meters	11:37.4
15.36	110 Meter Hurdles	15.69

59.1	400 Meter Hurdles	01:07.6
07:11.4	2,000 Meter Steeplechase	08:18.2
17:13.5	3,000 Meter Race Walk	19:36.7
—	5,000 Meter Race Walk	—
43.2	4×100 Meter Relay	49.29
03:30.1	4×400 Meter Relay	04:06.8
08:32.3	4×800 Meter Relay	10:18.9
1.70m	High Jump	1.55m
4.00m	Pole Vault	2.95m
6.16m	Long Jump	5.11m
12.21m	Triple Jump	10.57m

13.32m	Shot Put	10.46m
39.80.m	Discus Throw	32.83m
38.63m	Hammer Throw	31.47m
41.09	Javelin Throw	28.34m
4859pts	Decathlon/Heptathlon	3898pts
Boys 17 and 18		
Men	Event	Women
11.08	100 Meters	12.3
21.78	200 Meters	24.76
49.08	400 Meters	57.72
01:58.3	800 Meters	02:22.8

04:14.5	1,500 Meters	04:59.2
09:40.9	3,000 Meters	11:45.8
14.66	110 Meter Hurdles	14.66
56.57	400 Meter Hurdles	01:05.6
06:53.2	2,000 Meter Steeple Chase	08:08.9
16:12.3	3,000 Meter Race Walk	15:49.2
—	5,000 Meter Race Walk	—
42.15	4×100 Meter Relay	47.66
03:23.0	4×400 Meter Relay	03:55.3
08:08.1	4×800 Meter Relay	09:55.3
1.85m	High Jump	1.55m

4.25m	Pole Vault	3.45m
6.50m	Long Jump	5.19m
13.20m	Triple Jump	11.03m
14.78m	Shot Put	10.93m
46.10m	Discus Throw	34.87m
50.55m	Hammer Throw	38.53m
41.77m	Javelin Throw	30.77m
4968pts	Decathlon/Heptathlon	4126pts