

JIM LAW INVITATIONAL QUALIFYING STANDARDS

Events offered: (In meters except where indicated)

	8 Under		9 10		11 12		13 14		15 16		17 18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100	17.0	16.5	15.0	14.8	14.0	13.5	13.1	12.2	12.9	11.5	12.5	11.3
200	34.5	34.0	31.5	31.0	29.0	28.5	28.2	25.0	27.5	23.0	26.5	22.5
400	85.0	80.0	72.0	70.0	68.0	65.0	64.0	57.0	62.0	53.0	61.0	52.0
800	3:08	3:08	3:00	2:49	2:49	2:33	2:38	2:20	2:34	2:08	2:30	2:02
1500	X	X	6:15	5:45	5:45	5:25	5:30	4:58	5:20	4:40	5:15	4:20
3000	X	X	X	X	X	X	12:00	10:40	11:40	X	11:30	X
5000	X	X	X	X	X	X	X	X	X	16:45	X	16:35
High	X	X	X	X	18.0	16.0	17.0	16.5	16.5	16.0	15.8	15.2
Hurdles					80/30"	80/30"	100/30"	100/33"	100/33"	110/39"	100/33"	110/39"
Interm.	X	X	X	X	X	X	33.0	31.0	75.0 52.0(300H)	62.0 41.5(300H)	72.0 52.0(300H)	59.0 41.5(300H)
Hurdles							200/30"	200/30"	400/30"	400/36"	400/30"	400/36"
4x100	68.0	68.0	63.0	62.0	56.0	55.0	53.0	51.0	51.0	46.0	50.0	48.0
4x400	X	X	5:40	5:20	4:45	4:35	4:30	4:15	4:20	3:50	4:15	3:40
4x800***	X	X	X	X	X	X	10:50	9:40	X	X	10:20	8:30
LJ**	8'0"	9'0"	10'0"	12'0"	13'0"	14'5"	15'0"	17'0"	16'0"	19'0"	17'0"	20'10"
TJ**	X	X	X	X	X	X	28'0"	33'0"	32'0"	40'0"	36'0"	44'0"
HJ*	X	X	3'2"	3'4"	3'6"	4'2"	4'4"	4'6"	4'7"	5'9"	4'8"	6'0"
Shot Put**	14'0"	15'0"	18'0"	19'0"	23'0"	26'0"	30'0"	36'0"	30'0"	38'0"	33'0"	43'0"
	6lbs	6lbs	6lbs	6lbs	6lbs	6lbs	6lbs	4kg	4kg	12lbs	4kg	12lbs
Discus**	X	X	X	X	60'0"	80'0"	69'0"	109'0"	89'0"	115'0"	99'0"	127'0"
					1kg.	1kg.	1kg.	1kg.	1kg.	1.6kg	1kg	1.6kg.
Pole Vault	X	X	X	X	X	X	8'0"	9'0"	8'0"	10'0"	8'0"	10'6"
Turbo Javelin**	New event offered for these age groups (7-8, 9-10, 11-12)						X	X	X	X	X	X
Javelin**	X	X	X	X	X	X	70'0"	100'0"	80'0"	110'0"	90'0"	130'0"
							600gr	800gr	600gr	800gr	600gr	800gr

X EVENT NOT OFFERED IN AGE DIVISION

* STARTING HEIGHT IN HIGH JUMP WILL BE 2" BELOW QUALIFYING STANDARD

** DISTANCES 1 FOOT OR MORE BELOW QUALIFYING STANDARDS WILL NOT BE MEASURED

*** THE 4x800 METER RELAY WILL BE RUN IN TWO AGE BRACKETS ONLY: 14 & UNDER AND 15-18

***ATHLETES CAN COMPETE WITH OLDER AGE GROUP IF STANDARDS ARE MET

SCHEDULE OF EVENTS

OPEN/MASTERS ONLY – Friday June 17, 2011

RUNNING EVENTS:

Friday, June 17 3:00pm – 9:00pm (All Finals)

3:00pm 3000M
3:40pm 3000M Steeplechase
4:10pm 80H
4:20pm 100H
4:40pm 110H
4:50pm 100M
5:50pm 800M
5:45pm 4x100
5:55pm 400M
6:20pm 1500M
7:05pm 300H
7:15pm 400H
7:30pm 200M
7:45pm 5000M
8:45pm 4x400

FIELD EVENTS:

Friday, June 17 3:00pm – 9:00pm

3:00pm Hammer Throw (men followed by women)
Long Jump (men followed by women)
High Jump (women followed by men)
Javelin (women followed by men)

5:00pm Shot (men followed by women)
Discus (women followed by men)
Triple Jump (men followed by women)
Pole Vault (men)

7:00pm Weight Throws (men followed by women)
Pole Vault (women)

ALL AAU, USATF and UNATTACHED – Saturday June 18 – Sunday June 19, 2011

RUNNING EVENTS:

Saturday, June 18 9:00am – 8:00pm

1500M Run (Finals)
200M Hurdles (Finals)
400M Hurdles (Finals)
4x800M Relay (Finals)
80M Hurdles (Semis)
100M Hurdles (Semis)
110M Hurdles (Semis)
100M Dash (Semis)
400M Dash (Semis)
200M Dash (Semis)
4x100M Relay (Semis)

Sunday, June 19 9:00am – 7:00pm (All Finals)

3000M Run
5000M Run
800M Run
Opening Ceremonies
80M Hurdles
100M Hurdles
110M Hurdles
100M Dash (Coaches/Parents)
100M Dash
400M Dash
200M Dash
4x100M Relay
Outstanding Athlete Awards
4x400M Relay
Team Awards

FIELD EVENTS:

Saturday

High Jump (13-14, 15-16, 17-18)
Long Jump (all age groups; starting with 7-8 year olds)
Turbo Javelin (11-12, 9-10, 7-8)
Javelin (13-14, 15-16, 17-18)
Shot Put (all age groups; starting with 7-8 year olds)

Sunday

High Jump (11-12, 9-10)
Triple Jump (13-14, 15-16, 17-18)
Discus (11-12, 13-14, 15-16, 17-18)
Pole Vault (15-16, 17-18)