

2024 Entry Standards For The Eastern States:

	Boys	Girls
55 dash	6.8	7.9
200 dash	22.8	26.8
400 dash	51.0	61.0
800 run	2:00.0	2:23.0
1 mile run	4:30.0	5:25.0
2 mile run	9:50.0	11:55.0
55 hurdles	8.0	9.5
high jump	5'10"	4'10" (opening height is 5'10" and 4'10")
pole vault	13' 6"	10' (opening height is 12'6" and 10')
shot put	46'	32'
triple jump	38'	32'0"
long jump	19'	15'
4X200	1:33.0	1:50.0 (No projected times in any
4X400	3:35.0	4:15.0 of the relays. Teams must
4X800	8:18.0	9:55.0 have run the times.)
D.M.	10:50.0	12:55.0

These are suggested entry standards. Achieving these standards does not guarantee acceptance. Entry fees are non-refundable.