



## Almquist Invitational Standards (2024 Updates indicated in bold)

	Girls	Boys
● 50 meter dash (for 5th and 6th graders only)	9.0	9.0
● 100 meter dash	17.0	16.0
● 200 meter dash	35.0	33.0
● 400 meter run	80.0	75.0
● 800 meter run	3:20	3:00
● 800 meter racewalk	6:00	6:00
● 1600 meter run	7:00	6:30
● 55 meter hurdles	12.0	12.0
● <b>Long jump</b>	<b>10'</b>	<b>12'</b>
● <b>High jump</b>	<b>3'10</b>	<b>4'0"</b>
● <b>Shot Put</b>	<b>21'</b>	<b>23'</b>
● <b>Discus</b>	<b>50'</b>	<b>65'</b>
● 4 x 100 meter relay	No qualifying time	

**Athletes need to achieve these standards in order to be considered for participation in the Almquist Invitational Meet. A maximum of three athletes can be entered in each event per team (only the 50 meter dash is grade-specific for this meet), so meeting the standard doesn't guarantee that an athlete will be able to compete in the meet. Athletes are limited to a maximum of 2 open events plus a relay.**