



2026 Almquist Invitational Standards

	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
● Long jump	10'	12'
● High jump	3'10	4'0"
● Shot Put	21'	23'
● Discus	50'	65'
● 4 x 100 meter relay	No qualifying time	

While these are “soft” standards, coaches should use them when considering which athletes should participate in the Almquist Invitational Meet. A maximum of three athletes per team can be entered into each event, and only the 50 meter dash is grade-specific. Athletes are limited to a maximum of 2 open events plus a relay, and each team is limited to one relay per gender.