



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
● 1600 meter run	7:00	6:30
● 55 meter hurdles	12.0	12.0
● Long jump	9'	11'
● High Jump	3'8"	4'0"
● Shot Put	20'	22'
● Discus	45'	60'
● 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 (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.