Far East Track Qualifying Standards

100 Meter Dash	
Boys	Girls
11.5	13.2
200 Meter Dash	
Boys	Girls
23.2	27.4
400 Meter Dash	
Boys	Girls
53.7	64.00
800 Meter Run	
Boys	Girls
2:06	2:34
1500 Meter Run	
Boys	Girls
4:25	5:25
3000 Meter Run	
Boys	Girls
9:54	12:30
4 x 100 Meter Relay	
Boys	Girls
46.04	53.04
4 x 400 Meter Relay	
Boys	Girls
3:45	4:23
4 x 800 Meter Relay	
Boys	Girls
9:45	12:00
110 Meter Hurdles	**100 Meter Hurdles**
Boys	Girls
17.5	19.00
300 Meter Hurdles	
Boys	Girls
45.30	54.20
High Jump	
Boys	Girls
5’.8’	4’.10’
Long Jump	
Boys	Girls
19’	14.5’
Discus	
Boys	Girls
112’	78’
Shot Put	
Boys	Girls
38’	28’

Any individual or relay team meeting qualifying standards are eligible to participate in the Far East Track Championship Meet. If there are not at least ten qualifiers for an event, the individuals and/or teams with the top ten marks in the Pacific for the given year will be eligible.