

## RECENT CUTOFF DATA

(The chart will give an idea what mark it takes to qualify)

### BOYS

| Event            | 2019     | 2018     | 2017     | 2016    |
|------------------|----------|----------|----------|---------|
| 100M Dash        | 11.14    | 11.20    | 11.07    | 11.12   |
| 110M Hurdles     | 15.26    | 15.36    | 15.20    | 15.16   |
| 400M Dash        | 50.73    |          |          |         |
| 400M Hurdles     | 55.74    | 55.58    | 55.07    | 54.55   |
| 800M Run         | 1:59.25  | 1:59.38  | 1:58.59  | 1:57.67 |
| 1600M Run        | 4:28.99  | 4:29.98  | 4:29.42  | 4:30.03 |
| 3200M Run        | 9:47.54  | 9:46.35  | 9:49.57  | 9:49.47 |
| 4x100 Relay      | 45.40    | 45.22    | 45.22    | 45.04   |
| 4x200 Relay      | 1:32.05  | 1:31.797 | 1:31.78  | 1:30.81 |
| 4x400 Relay      | 3:29.30  | 3:27.7   | 3:26.65  | 3:26.77 |
| 4x800 Relay      | 8:11.46  | 8:10.17  | 8:16.40  | 8:10.15 |
| 1600 D Med       | 3:39.95  | 3:39.40  | 3:38.11  | 3:37.60 |
| Sh. Hurdle Relay | 1:01.19  | 59.73    | 59.68    | 59.06   |
| High Jump        | 6-03.25  | 6-04     | 6-04     | 6-04    |
| Long Jump        | 21-03.50 | 21-04    | 21-08.25 | 21-05   |
| Shot Put         | 52-01.50 | 52-03    | 52-10    | 52-0.50 |
| Discus           | 153-06   | 158-03   | 157-08   | 156-05  |

### GIRLS

| Event            | 2019     | 2018     | 2017     | 2016     |
|------------------|----------|----------|----------|----------|
| 100M Dash        | 12.84    | 12.78    | 12.80    | 12.82    |
| 100M Hurdles     | 15.85    | 15.96    | 15.86    | 16.05    |
| 400M Dash        | 59.78    |          |          |          |
| 400M Hurdles     | 1:07.70  | 1:07.90  | 1:06.67  | 1:05.64  |
| 800M Run         | 2:19.95  | 2:20.48  | 2:20.03  | 2:19.08  |
| 1500M Run        | 4:55.82  | 4:58.14  | 4:56.84  | 4:54.11  |
| 3000M Run        | 10:35.55 | 10:45.83 | 10:47.06 | 10:36.98 |
| 4x100M Relay     | 53.13    | 52.86    | 52.50    | 52.41    |
| 4x200M Relay     | 1:48.25  | 1:48.07  | 1:47.33  | 1:46.78  |
| 4x400M Relay     | 4:10.39  | 4:11.40  | 4:08.79  | 4:07.84  |
| 4x800M Relay     | 9:48.84  | 9:52.27  | 9:49.67  | 9:41.02  |
| 800 Sprint Med   | 1:52.39  | 1:51.84  | 1:51.78  | 1:52.76  |
| Sh. Hurdle Relay | 1:09.26  | 1:08.27  | 1:07.82  | 1:08.32  |
| High Jump        | 5-02     | 5-03     | 5-03     | 5-03     |
| Long Jump        | 17-01.50 | 16-10.50 | 17-10.50 | 17-00    |
| Shot Put         | 38-06    | 38-04.50 | 39-00    | 38-11    |
| Discus           | 123-07   | 121-01   | 121-09   | 122-07   |