

2016 USATF Hershey National qualifying performance

<u>7-8 Girls</u>	<u>(born 2008+)</u>	<u>13-14 Girls</u> <u>(born 2001-2002)</u>	<u>(born 2002-2003) -</u>	<u>17-18 Women (born 1998-1999)*</u>
100m	16.33	100m	13.06	100m 12.58
200m	36.12	200m	26.46	200m 25.67
400m	1:24.68	400m	1:01.40	400m 58.91
800m	3:20.63	800m	2:30.17	800m 2:29.37
1500m	7:10.38	1500m	5:04.71	1500m 5:16.95
Long Jump	2.37	1600m	5:25.43	1600m 5:38.5
Shot Put (2 kg)	2.97	3000m	11:18.93	3000m 12:13.89
Mini Javelin Throw	6.79	3200m	12:05.10	3200m 13:03.79
4x100m	01:13.82	3000m Race Walk	23:05.52	3000m Race Walk 20:11.12
4x400m	06:04.13	100m H (30")	16.86	100m H (33") 15.59
		200m H (30")	31.30	300m H (30") 49.58
<u>9-10 Girls</u> <u>(born 2006-2007)</u>	<u>(born 2006-2007)</u>	Pole Vault	2.20	400m H (30") 1:08.77
100m	14.94	High Jump	1.40	2000m SC 9:24.07
200m	30.45	Long Jump	4.65	Pole Vault 2.90
400m	1:10.25	Triple Jump	9.20	High Jump 1.55
800m	2:47.97	Shot Put (6 lb)	10.18	Long Jump 5.20
1500m	5:53.92	Shot Put (4 kg)	8.22	Triple Jump 10.52
1600m	6:17.99	Discus (1 kg)	26.27	Shot Put (4 kg) 10.83
1500m Race Walk	11:22.72	Javelin (600 g)	22.41	Discus (1 kg) 34.52
High Jump	1.10	400m Relay	54.58	Hammer Throw 27.57
Long Jump	3.39	1600m Relay	4:30.04	Javelin (600 g) 26.93
Shot Put (6 lb)	5.09	3200m Relay	10:57.58	400m Relay 50.26
Mini Javelin	11.71	Pentathlon	1959	1600m Relay 4:15.03
400m Relay	1:03.18			3200m Relay 10:23.81
1600m Relay	5:31.01			Heptathlon 3089

		<u>15-16 Girls</u> <u>(born 1999-</u> <u>2000)</u>	<u>born 2000-</u> <u>2001)</u>	
Triathlon	523	100m	12.76	
		200m	25.96	
<u>11-12 Girls</u> <u>(born 2004-</u> <u>2005)</u>	<u>(born</u> <u>2004-2005)</u>	400m	59.50	* 1997 if born on or after August 3
100m	13.70	800m	2:29.22	
200m	28.04	1500m	5:07.00	
400m	1:04.87	1600m	5:27.88	
800m	2:39.99	3000m	11:19.62	
1500m	5:16.16	3200m	12:05.83	
1600m	5:37.66	3000m Race Walk	20:45.20	
3000m	12:15.72	100m H (33")	17.01	
3200m	13:05.75	300m H (30")	51.85	
1500m Race Walk	10:42.67	400m H (30")	1:11.92	
80m H (30")	16.09	2000m SC	9:23.67	
High Jump	1.30	Pole Vault	2.45	
Long Jump	4.18	High Jump	1.50	
Shot Put (6 lb)	7.64	Long Jump	4.93	
Discus (1 kg)	14.96	Triple Jump	10.00	
Mini Javelin	17.68	Shot Put (4 kg)	9.88	
400m Relay	56.42	Discus (1 kg)	31.40	
1600m Relay	4:39.00	Hammer Throw	21.62	
3200m Relay	11:34.22	Javelin (600 g)	23.89	
Pentathlon	1653	400m Relay	52.83	
		1600m Relay	4:14.90	
		3200m Relay	10:58.86	
		Heptathlon	2903	