

# **CCS "Top 8" Track Classic**

## **Minimum Entry Time/Marks**

### **Standards**

Top times are seeded in the fast heat, which will be run first. These standards below are based on the lowest entering times/marks that qualified in most of the years in this meet. These are just guidelines to follow in entering your athletes, and does not mean your athletes will make it. Final entries will be on [lynbrooksports.com](http://lynbrooksports.com), by Tuesday or Wednesday during the week of the meet.

\*\*\* Enter your F/S Boys the same way as the Varsity Boys and Girls on [directathletics.com](http://directathletics.com)\*\*\*

<u>Event</u>	<u>Varsity Boys</u>	<u>Varsity Girls</u>	<u>F/S Boys</u>
<u>100 Meters</u>	11.40	13.00	11.99
<u>200 Meters</u>	23.10	27.00	24.80
<u>400 Meters</u>	52.14	61.50	55.80
<u>800 Meters</u>	2:02.00	2:28.40	2:09.90
<u>1600 Meters</u>	4:34.00	5:24.00	4:55.00
<u>3200 Meters</u>	10:12.00	12:04.00	10:50.00
<u>110 Hurdles</u>	15.50	17.00	(65HH)- 11.20
<u>300 Hurdles</u>	42.24	49.90	48.50
<u>4x100 Relay</u>	44.90	52.80	48.50
<u>4x400 Relay</u>	3:39.90	4:26.00	3:52.50
<u>Shot Put</u>	47' 5"	33' 10"	39' 0"
<u>Discus</u>	141' 5"	102' 0"	108' 0"
<u>High Jump</u>	6' 1"	5' 0"	5' 2"
<u>Long Jump</u>	20' 11"	15' 11"	17' 0"
<u>Triple Jump</u>	42' 9"	33' 4"	36' 2"
<u>Pole Vault</u>	13' 6"	9' 0"	9' 6"

\*\*\* All times and marks, must be made this year. They must appear on the [www.lynbrooksports.com](http://www.lynbrooksports.com) website list or [www.athletic.net](http://www.athletic.net) for the Varsity Boys and Varsity Girls. If your athletes are not on either list in the Varsity Boys and Girls, your entry will not be accepted. For the F/S Boys, please use accurate FAT times and accurate field event marks. Any questions, email Willie at [willieharmatz@aol.com](mailto:willieharmatz@aol.com)

REMEMBER - These are just general guidelines to follow in entering your athletes. It does not mean they will make it into the meet or not. The cut-offs will be determined by the depth of times and marks from each event that reach the certain number of entries only.