



2024 GIRLS 3A TRACK & FIELD SECTIONAL
HOST SCHOOL: ROSELLE (LAKE PARK)

2024 Girls 3A Track & Field Qualifying Standards

FIELD EVENT	QUALIFYING STANDARD
Long Jump	5.35M (17-7)
Pole Vault	3.12M (10-3)
High Jump	1.57M (5-2)
Shot Put	11.22M (36-10)
Triple Jump	11.04M (36-3)
Discus	35.20 (115-6)
TRACK EVENT	QUALIFYING STANDARD (FAT)
4 x 800 Meter Relay	9:43.60
4 x 100 Meter Relay	:49.34
3200 Meter Run	11:11.19
100 Meter High Hurdles	:15.92
100 Meter Dash	:12.45
800 Meter Run	2:20.60
4 x 200 Meter Relay	1:45.77
400 Meter Dash	:59.51
300 Meter Low Hurdles	:47.23
1600 Meter Run	5:11.78
200 Meter Dash	:25.75
4 x 400 Meter Relay	4:05.50

