

## 2017 Macomb County Meet of Champions Qualifying Standards

Field Events	BOYS	GIRLS
Shot Put	43-0	31-0
Discus	120-0	90-0
High Jump	5-10	4-10
Long Jump	19-6	15-3
Pole Vault	10-6	7-9

	Boys		Girls	
Running Events	Hand Time	F.A.T.	Hand Time	F.A.T.
High Hurdles	17.0	17.24	17.9	18.14
100m Dash	11.3	11.54	13.3	13.54
1600m Run	4:45.0	4:45.14	5:55.0	5:55.14
400m Dash	53.5	53.64	1:06.0	1:06.24
300m Hurdles	45.0	45.14	54.0	54.14
800m Run	2:09.0	2:09.14	2:40.0	2:40.14
200m Dash	23.5	23.74	28.2	28.44
3200m Run	10:35.0	10:35.14	13:10.0	13:10.14

Teams are invited to have a team compete in each relay event