

Big Island Interscholastic Federation

Standards to qualify for 2009 BIIF Championship Meet

	GIRLS		BOYS	
	Hand	Lynx	Hand	Lynx
100 hurdles	20.9	21.14		
110 hurdles			19.4	19.64
100 Meters	14.0	14.24	12.2	12.44
1500 Meters	6:20	6:20	4:48	4:48
4 x 100 Relay	57.8	58.04	47.2	47.44
400 Meters	71.8	72.04	58.0	58.24
300 hurdles	58.8	59.04	47.3	47.54
800 Meters	2:57	2:57	2:16	2:16
200 Meters	29.6	29.84	24.9	25.14
3000 Meters	14:16	14:16	10:52	10:52
4 x 400 Relay	4:58	4:58	4:05	4:05
Pole Vault		6'0"		9'6"
High Jump		4'4"		5'4"
Long Jump		13'8"		18'10"
Triple Jump		29'0"		36'0"
Discus		65'0"		108'0"
Shot Put		23'0"		37'0"