

2019 Varsity Boys PAL Championship Super Standards

(110H, 100, 200)
(300IH, 400)

3-year average
Standard for
4th entry

110mH/39	17.16
300IH/36	43.68
100m	11.55
200m	23.73
400m	52.34
800m	02:03.3
1600m	04:37.4
3200m	10:15.8
Long Jump	20-01
Triple Jump	40-05
High Jump	5-06
Pole Vault	10-08
Shot Put	43-11
Discus Throw	133-6

2019 Varsity Girls PAL Championship Super Standards

(110H, 100, 200)
(300IH, 400)

*3-year average
standard for
4th Entry*

	100mH/33	17.66
	300IH/30	49.94
	100m	13.04
	200m	27.45
	400m	65.34
	800m	02:27.3
	1600m	05:27.6
	3200m	12:31.3
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		4.57
	Long Jump	15-00
		9.38
	Triple Jump	30-09
		1.42
	High Jump	4-08
		2.28
	Pole Vault	7-06
		9.72
	Shot Put	31-10
		28.89
	Discus Throw	94-09