

2019 Varsity Boys PAL Championship Standards

Hand time	2019 PAL Standard		Conversion = 0.24 0.14	(110H, 100, 200) (300IH, 400)	Amount added to 3-yr average 10% avg	3-year average Standard for 4th entry	6th Place 2016	6th Place 2017	6th Place 2018
19.2	18.88	110mH/39			1.72	17.16	17.03	17.41	17.05
48.2	48.05	300IH/36			4.37	43.68	42.97	44.3	43.77
13.0	12.71	100m			1.16	11.55	11.8	11.48	11.37
26.4	26.10	200m			2.37	23.73	23.45	24.03	23.70
57.8	57.57	400m			5.23	52.34	52.01	52.08	52.92
	02:15.7	800m			00:12.3	02:03.3	02:03.8	02:04.6	02:01.5
	05:05.1	1600m			00:27.7	04:37.4	04:38.7	04:38.6	04:34.9
	05:06.5	1 mile			05:05.1	00:01.4	1600m + 4 seconds		
	04:48.5	1500m			05:06.5	00:18.0	Mile - 18 seconds		
	11:17.3	3200m			01:01.6	10:15.8	10:22.6	10:27.4	09:57.4
	11:10.9	2 mile			11:07.8	00:03.1	3,200m + 3.1 seconds		
	10:32.9	3000			11:10.9	00:38.0	2 miles - 38 seconds		

For conversions for 1 mile, 1500m, 2 mile and 3,000m I used T&F News's Gold Book, page 153.

5.52			0.61		6.13	6.22	6.13	6.05
18-01	Long Jump	-2'00"			20-01	20-05	20-01.5	19-10.25
11.09			1.23		12.33	12.43	11.91	12.64
36-04	Triple Jump	-4'00.5"			40-05	40-09.5	39-01	41.07.5
1.52			0.17		1.69	1.65	1.70	1.72
4-11	High Jump	-6.75"			5-06	5-05	5-07	5-08
2.93			0.33		3.25	3.2	3.35	3.2
9-07	Pole Vault	-1'01"			10-08	10-06	11-00	10-06
12.06			1.34		13.40	13.1	13.90	13.20
39-06	Shot Put	-4'04.75"			43-11	43-00	45-07.5	43-04
36.63			4.07		40.70	39.57	40.78	41.75
120-02	Discus Throw	-13'04"			133-6	129-10	133-09	137-00

I made the metric numbers red so I could see them.

I changed your field event marks, STANDARD red, to whole inches, thus mirroring women's.

Conversion times for 100m/200m/Sprint Hurdles is +0.24 seconds; + 0.14 for 300IH and 400m.

2019 Varsity Girls PAL Championship Standards

Hand Timed	2019 PAL Standard		Conversion =	Amount added	3-year average			
			0.24 (110H, 100, 200) 0.14 (300IH, 400)	to 3-yr average	standard for	10% avg	4th Entry	6th Place
						2016	2017	2018
19.7	19.42	100mH/33		1.77	17.66	17.56	17.39	18.02
55.1	54.94	300IH/30		4.99	49.94	48.85	49.92	51.06
14.6	14.35	100m		1.30	13.04	13.00	12.99	13.14
30.5	30.20	200m		2.75	27.45	27.31	27.33	27.72
72.1	71.87	400m		6.53	65.34	64.4	65.43	66.19
	02:42.0	800m		00:14.7	02:27.3	02:31.2	02:25.3	02:25.3
	06:00.3	1600m		00:32.8	05:27.6	05:30.7	05:28.3	05:23.7
	06:01.7	1 mile		06:00.3	00:01.4	1600m + 1.4 seconds		
	05:43.7	1500m		06:01.7	00:18.0	Mile - 18 seconds		
	13:46.5	3200m		01:15.1	12:31.3	12:45.0	12:53.3	11:55.7
	13:49.6	2 mile		13:46.5	00:03.1	3200m + 3.1 seconds		
	13:11.6	3000		13:49.6	00:38.0	2 miles - 38 seconds		

For conversions for 1 mile, 1500m, 2 mile and 3,000m I used T&F News's Gold Book, page 153.

4.12			0.46	4.57	4.47	4.51	4.74
13-06	Long Jump	-1'6"		15-00	14-08.5	15-00	15-07
8.45			0.94	9.38	9.11	9.18	9.86
27-03	Triple Jump	-3'01.25"		30-09	29-11.5	30-01.5	32-04.25
1.28			0.14	1.42	1.37	1.47	1.42
4-02	High Jump	-5.5"		4-08	4-06	4-10	4-08
2.06			0.23	2.28	2.13	2.29	2.43
6-09	Pole Vault	-8.9"		7-06	7-00	7-06	8-00
8.75			0.97	9.72	9.83	9.66	9.66
28-08	Shot Put	-3'2.25"		31-10	32-03	31-08.5	31-09
26.00			2.89	28.89	29.21	29.51	27.94
85-04	Discus Throw	-9'6"		94-09	95-10	96-10	91-08

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Conversion times for 100m/200m/Sprint Hurdles is +0.24 seconds; +0.14 for 300IH and 400m.

2019 Varsity Boys PAL Championship Super Standards

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

3-year average
Standard for
4th entry

	110mH/39	17.16
	300H/36	43.68
	100m	11.55
	200m	23.73
	400m	52.34
	800m	02:03.3
	1600m	04:37.4
	3200m	10:15.8
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		6.13
	Long Jump	20-01
		12.33
	Triple Jump	40-05
		1.69
	High Jump	5-06
		3.25
	Pole Vault	10-08
		13.40
	Shot Put	43-11
		40.70
	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