

2006 adidas Golden West Invitational Entry Standards

A Standard: Guaranteed entry into the evening portion of the meet; includes GWI Defending Champions.

B Standard: Guaranteed entry into the meet.

Notes:

- 100m, 200m, 400m, 110H, 100H, marks are based on fully automatic timing (FAT). Marks submitted that are not FAT timed will not be accepted. Also, no wind aided marks will be accepted.
- All marks are subject to verification.

EVENT	BOYS STANDARDS		GIRLS STANDARDS	
	A	B	A	B
100m	10.52	10.97	11.75	12.21
200m	21.25	22.01	24.00	25.15
400m	47.25	49.99	54.50	58.00
800m	1:52:00	1:58.00	2:11.00	2:18.00
Freshman Mile	4:45			
Mile (1600m)	4:15	4:25	4:59.9	5:10
3200m	9:20	9:40	10:45	11:15
110m/100m H	14.00	15.00	14.10	15.37
300mH	37.30	39.16	43.00	46.42
High Jump	7-00	6-06	5-9	5-04
Pole Vault	16-00	14-08	12-06	11-00
Long Jump	24-00	22-02	19-05	17-09
Triple Jump	49-00	44-11	39-11	36-03
Shot Put	62-00	54-00	45-00	40-05
Discus	188-00	155-00	150-00	131-09
Hammer	175-00	175-00	135-00	135-00
Javelin	180-00	180-00	130-00	130-00