

2019-2020 GOLD STANDARD MIDDLE SCHOOL CHAMPIONSHIP THURSDAY, JAN. 23, 2020 EVENT STANDARDS

EVENT	GIRLS	BOYS
60M	9.0	8.15
400M	1:12	1:02
800M	2:55	2:35
1600M	6:25	5:40
60M HURDLES	12.50	11.25
HIGH JUMP	4'2"	4'8"
LONG JUMP	12'0"	14'6"
Minimums	8'0"	10'0"
Athletes will have 3 jumps. The first jump will be marked. The 2 nd and 3 rd jumps must meet the minimum standard to be marked.		
POLE VAULT	5'0"	6'6"
SHOT PUT	25'0"	30'0"
Minimums	15'0"	18'0"
Athletes will have 3 attempts. The first put will be marked. The 2 nd and 3 rd puts must meet the minimum standard to be marked.		
4X200M RELAY	ONE RELAY PER SCHOOL	

Starting the 2016-2017 season: In the horizontal events (Long Jump and Shot Put), athletes will have 3 jumps. The first jump will be marked. The 2nd and 3rd jumps must meet the minimum standard to be marked.

Athletes must meet the Gold Standard(s) in each event during the 3 regular season meets to qualify to compete in the Alabama Gold Standard Championship meet.

Athletes may only compete in 2 events during the 3 regular season meets (including relays).

Athletes do not have to qualify for the relays. All teams can enter multiple 4x200M Relay teams in the 3 regular season meets.

Teams can enter only 1 relay team for the Gold Standard Championship. These relay athletes do not have to qualify in an open event during the regular season to compete in the 4x200M Relay at the Gold Standard Championship.

Athletes can compete in the Gold Standard Championship meet in no more than 3 events provided they qualified in 3 events during the regular season.

3 events maximum per athlete for the Gold Standard Championship (relays count as an event). An athlete can compete in 3 open events in which they qualified (no relay), or can compete in 2 open events in which they qualified plus the relay (3 events). Athletes cannot compete in 3 open events AND the 4x200M relay.

The 4x200M Relay is run on a "3-turn Stagger." Meaning the first runner runs in her/his assigned lane for 200M, then ands off to the 2nd runner in the same assigned lane. 2nd runner stays in assigned lane through the curve, then can break inside past the cones leading to the straightaway. 2nd runner hands off to the 3rd runner in the lower exchange zone, who then runs inside. 3rd runner hands off to the 4th runner in same lower exchange zone, who then runs inside to finish. Please communicate this to your athletes. Meet officials are not there to coach athletes on how to officially run this race.

UPDATED NOV. 2018