



<http://EasternRelays.Milesplit.com>

## 2020 Individual Entry Standards

Girls	HJ 4-09	Boys	HJ 5-09
100m 13.25	LJ 16-06	100m 11.50	LJ 20-06
200m 27.75	Open LJ 15-00	200m 23.40	Open LJ 19-06
400m 1:03.50	TJ 32-00	400m 52.50	TJ 41-06
800m 2:31.00	Open TJ 29-00	800m 2:04.00	Open TJ 38-00
Mile- 5:40.00 for 1600m	Shot Put 33-09	Mile 4:36.00 for 1600m	Shot Put 44-00
MS Mile 6:15 for 1600m	Open Shot Put 29-00	MS Mile 5:30 for 1600m	Open Shot Put 41-00
3200m 12:45.00	Discus 100-00	3200m 10:05.00	Discus 135-00
100h 18.25	Open Discus 85-00	110h 17.25	Open Discus 120-00
300h 53.00	PV 9-06	300h 44.00	PV 12-08
Steeple 6:00.00 for 1600	Open PV 7-00	Steeple 5:00.00 for 1600	Open PV 10-06

## Relay Entries

All participating teams may enter one relay in each Saturday relay event. For the Friday Relays we plan to only accept 1 section of the DMR and 2 sections of the SMRs. If we receive entries beyond the goal field size, teams will be selected based on quality using both relay performances and individual performance. Final decisions are at the discretion of meet management and will be determined after the entry period is closed.

## Entry Submission

All entries must be submitted electronically using the entry portal at <http://easternrelays.milesplit.com>. It is important that valid results for your team are included on the milesplit database. If any of your meets are not included in the milesplit database please send digital results to your state's milesplit editor or [kymilesplit@gmail.com](mailto:kymilesplit@gmail.com). Teams may enter all athletes who meet the entry marks, and all may score. Note, qualifying marks will not be accepted from meets that do not produce digital results.

**Coaches may enter any athletes who have a verifiable PR (lifetime best indoor or outdoor) in the milesplit database that meets the qualifying standard.** Those not meeting the mark will not be allowed to compete in the invitational events. Open running events are open to all performers and require no qualifying standards. Open field events do have an entry standard.