

2018 AT-LARGE QUALIFIERS

25.408H At-Large Entries

Athletes may automatically qualify to the NCS/Les Schwab Tires Class A/Area Championships based on times or distances achieved **in the finals** of their league's qualifying meet. Athletes may automatically qualify to the NCS/Les Schwab Tires Meet of Champions based on times or distances achieved in either their area qualifying meet **finals only**. At-large standards will be determined based on the average of the last qualifying spot to the NCS/Les Schwab Tires Meet of Champions Finals in each event over the last three years.

Area and MOC At-large Standards for 2018

Boys

4 x 100-meter Relay	43.24
1600-meter run	4:24.16
110-meter H.H.	15.68
400-meter dash	50.29
100-meter dash	11.22
800-meter run	1:58.17
300-meter I.H.	40.65
200-meter dash	22.43
3200-meter run	9:28.4
4 x 400-meter Relay	3:25.7
Long Jump	20-11.00
Triple Jump	43-00.00
High Jump	6-01
Shot Put	48-7
Discus	148-3
Pole Vault	13-4

Girls

4 x 100-meter Relay	49.49
1600-meter run	5:04.53
100-meter H.H.	15.65
400-meter dash	58.60
100-meter dash	12.66
800-meter run	2:19.90
300-meter I.H.	46.50
200-meter dash	25.62
3200-meter run	11:03.32
4 x 400-meter Relay	4:04.25
Long Jump	16-11.00
Triple Jump	35-10.50
High Jump	5-01
Shot Put	36-1
Discus	117-5.25
Pole Vault	10-6