

# Mt. Ridge Qualifying Marks

## 2024 Boys Accepted Marks -

100m Dash - 11.80  
200m Dash - 24.20  
400m Dash - 54.00  
110m Hurdles - 17.50  
300m Hurdles - 45.00  
800m Run - 2:08  
1600m Run - 4:53  
3200m Run - 10:28  
Pole Vault - 10'06  
High Jump - 5'07 (opening 5-04)  
Long Jump - 18'0  
Shot Put - 40'00  
Discus - 108'00  
Javelin - 120'00

## 2024 Girls Accepted Marks -

100m Dash - 13.80  
200m Dash - 28.00  
400m Dash - 1:04.00  
100m Hurdles - 17.50  
300m Hurdles - 52.00  
800m Run - 2:40  
1600m Run - 5:54  
3200m Run - 12:42  
Pole Vault - 7'06  
High Jump - 4'07 (opening 4-06)  
Long Jump - 14'0  
Shot Put - 28'10  
Discus - 84'00  
Javelin - 80'00

PLEASE NOTE - **these marks do not guarantee a trip to Mt. Ridge** - rooms and travel, needs of State Qualifying certain athletes and relays, as well as the number of athletes we have hit the Qualifying mark (for example we have 15 guys that have hit the 1600 mark and there are only 4 allowed in each event), and finally, practice, attendance, and grades will also factor into the final trip roster.

**\*\*\*NOT UPDATED TO 2024\*\*\***

## Schedule of Events

Running Events (pm)	Field Events (pm)	Field Events (pm)
Medley Relay	Boys Long Jump	Girls Long Jump
100/110 Hurdles	Girls High Jump	Boys High Jump
100m Dash	Boys Discus	Girls Discus
1600m Run	Girls Shot Put	Boys Shot Put
4x100m Relay	Girls Javelin	Boys Javelin
400m Dash	Boys Pole Vault	Girls Pole Vault
300m Hurdles		
800m Run		
200m Dash		
3200m Run		
4x400m Relay		
Throwers 4x100 Relay		