2026-2027 GOLD STANDARD
MIDDLE SCHOOL CHAMPIONSHIP
THURSDAY, JAN. 15, 2026

EVENT	GIRLS	BOYS
60M	8.80	8.00
400M	1:12	1:02.00
800M	2:52.00	2:35.00
1600M	6:25.00	5:25.00
60M HURDLES	12.00	11.25
HIGH JUMP	4'2"	4'8"
LONG JUMP	13'0"	15'0"
Minimums	9'0"	12'0"

Use minimums after the first meet.
Athletes will have 3 jumps. The first jump will be marked.
The 2nd and 3rd jumps must meet the minimum standard to be marked.

POLE VAULT	6'0"	6'6"
SHOT PUT	25'0"	30'0"
Minimums	15'0"	20'0"

Use minimums after the first meet.
Athletes will have 3 attempts. The first put will be marked.
The 2nd and 3rd puts must meet the minimum standard to be marked.

4X200M RELAY ONE RELAY PER SCHOOL

In the horizontal events (Long Jump and Shot Put), athletes will have 3 jumps. After the first meet - the first jump/put will be marked, then the 2nd and 3rd must meet the minimum to be marked.

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.

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.

Gold Meet is Unlimited Scoring.