



<http://EasternRelays.Milesplit.com>

## 2017 Individual Entry Standards

Girls Entry Marks	HJ 4-08	Boys Entry Marks	HJ 5-08
100m 13.25	LJ 15-09	100m 11.50	LJ 20-03
200m 28.00	Open LJ 14-00	200m 23.60	Open LJ 19-00
400m 1:03.50	TJ 31-06	400m 53.00	TJ 40-06
800m 2:31.00	Open TJ 29-00	800m 2:04.00	Open TJ 38-00
Mile- 5:40.00 for 1600m	Shot Put 32-00	Mile 4:36.00 for 1600m	Shot Put 44-00
MS Mile 6:10 for 1600m	Open Shot Put 29-00	MS Mile 5:30 for 1600m	Open Shot Put 41-00
3200m 12:45.00	Discus 93-00	3200m 10:15.00	Discus 130-00
100h 18.25	Open Discus 85-00	110h 17.25	Open Discus 120-00
300h 53.00	PV 8-06	300h 44.00	PV 12-00
Steeple 6:00.00 for 1600m	Open PV 7-00	Steeple 5:00.00 for 1600m	Open PV 10-06

## Relay Entries

All participating teams may enter one relay in each Saturday relay event. We may limit entries in the Friday relays to 1 or 2 sections if the schedule dictates, this 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 results to [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 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.