

Myrhum Invite Standards

2024

Athletes must have hit this standard this year or last year to compete at the Myrhum. Athletes who are entered but have no evidence of that mark or time will not be registered. If you have a case to make for an athlete who has not competed in an event yet or maybe is coming off an injury you can contact meet management for an exception. If you need to use a mark from last season you should also contact meet management.

GIRLS	EVENT	BOYS
13.50	100	11.70
28.00	200	23.70
1:05.00	400	54.50
2:32	800	2:03
5:35	1600	4:40
12:15	3200	10:20
18.00	100H/110HH	17.50
52.50	300INT	46.50
52.5	4x100	45.30
1:51.0	4x200	1:36.0
4:30.0	4x400	3:45.0
10:20	4x800	8:30
4-10	HIGH JUMP	5-10
10-00	POLE VAULT	12-00
15-08	LONG JUMP	20-00
30-00	TRIPLE JUMP	39-00
30-00	SHOT PUT	45-00
90-00	DISCUS	120-00