

2019 DAKOTA RELAYS HIGH SCHOOL BOYS AND GIRLS FIELD EVENT STANDARDS

SHOT PUT, DISCUS, LONG JUMP, TRIPLE JUMP: Will be limited to top 40 performances. There will be no alternate list. All contestants will be flighted (4 flights of 10). Each flight will be allowed warm-up trials. Exact details will be announced at the competition by head field event judges.

HIGH JUMP: Will be limited to top 30 performances. There will be no alternate list. The competition will be conducted in continuing flights of the "Five Alive" system. Starting heights and progressions are listed below.

POLE VAULT: Will be limited to top 30 performances. There will be no alternate list. The competition will be conducted in continuing flights of the "Five Alive" system. Starting heights and progressions are listed below.

JAVELIN: Will be limited to the top 30 performances. There will be no alternate list. All contestants will be flighted (3 flights of 10). Each flight will be allowed warm-up trials. Exact details will be announced at the competition by head field event judge.

GIRLS

SHOT PUT	Performances – 40	Minimum Standard – 35'5"	Minimum Distance – 35'
DISCUS	Performances – 40	Minimum Standard – 108'4"	Minimum Distance – 108'
LONG JUMP	Performances – 40	Minimum Standard – 15'6"	Minimum Distance – 15'
TRIPLE JUMP	Performances – 40	Minimum Standard – 32'8"	Minimum Distance – 32'
HIGH JUMP	Performances – 30	Standards	B = 4'11" A = 4'10" AA = Top 24 Performances
Start	4'10" 5'0"	5'2" 5'4" 5'6" 5'8"	2" to winner
POLE VAULT	Performances – 30	Standards	B = 8'3" A = 8'3" AA = Top 24 Performances
Start	8'3" 9'0"	9'6" 10'0" 10'6" 11'0"	6" to winner
JAVELIN	Performances – 30	All fair trials will be measured.	

BOYS

SHOT PUT	Performances – 40	Minimum Standard – 45'11"	Minimum Distance – 45'
DISCUS	Performances – 40	Minimum Standard – 136'7"	Minimum Distance – 136'
LONG JUMP	Performances – 40	Minimum Standard – 19'10"	Minimum Distance – 19'
TRIPLE JUMP	Performances – 40	Minimum Standard – 40'3"	Minimum Distance – 40'
HIGH JUMP	Performances – 30	Standards	B = 6'0" A = 6'0" AA = Top 24 Performances
Start	6'0" 6'2"	6'4" 6'6" 6'8"	2" to winner
POLE VAULT	Performances – 30	Standards	B = 11'6" A = 11'3" AA = Top 24 Performances
Start	11'3" 11'9"	12'3" 12'9" 13'3" 13'9"	6" to winner
JAVELIN	Performances – 30	All fair trials will be measured.	

- A minimum distance mark will be placed at each event. Throws or jumps that do not reach minimum distance mark will not be measured.
- Head Field Judge, Event Judge and the Referee will make the decision if a change is necessary due to inclement weather.