

## Appendix E – Midget Outdoor

Midget Boys – Outdoor Events			Midget Girls – Outdoor Events		
	Performance	Development		Performance	Development
<b>100m</b>	12.00	12.50	<b>100m</b>	13.00	13.50
<b>200m</b>	24.25	25.50	<b>200m</b>	26.50	27.75
<b>300m</b>	37.75	40.25	<b>300m</b>	42.50	45.25
<b>800m</b>	2:08.00	2:14.50	<b>800m</b>	2:21.50	2:28.00
<b>1200m</b>	3:26.00	3:37.50	<b>1200m</b>	3:50.00	4:02.00
<b>2000m</b>	6:02.00	6:20.00	<b>2000m</b>	6:48.00	7:00.00
<b>100m H</b>	15.50	16.25	<b>80m H</b>	12.75	13.75
<b>200m H</b>	28.25	29.75	<b>200m H</b>	30.00	31.50
<b>1500m SC</b>	4:44.00	4:55.00	<b>1500m SC</b>	5:20.00	5:36.00
<b>1500m RW</b>	8:00.00	9:25.00	<b>1500m RW</b>	9:30.00	11:00.00
<b>High Jump</b>	1.70	1.60	<b>High Jump</b>	1.50	1.40
<b>Long Jump</b>	5.60	5.25	<b>Long Jump</b>	4.90	4.50
<b>Triple Jump</b>	11.95	11.25	<b>Triple Jump</b>	10.50	9.90
<b>Pole Vault</b>	3.25	2.75	<b>Pole Vault</b>	2.65	2.25
<b>Shot Put</b>	13.00	12.25	<b>Shot Put</b>	10.75	10.00
<b>Discus</b>	40.50	38.00	<b>Discus</b>	29.50	28.00
<b>Hammer</b>	40.00	37.50	<b>Hammer</b>	39.00	36.00
<b>Javelin</b>	44.00	41.00	<b>Javelin</b>	35.00	33.00
<b>Pentathlon</b>	2600	2450	<b>Pentathlon</b>	2800	2650

**Note:** Boy's event specifications used for standards are 100mH @84cm, 200mH @76cm, 1500mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Pent the same as these individual events.

**Note:** Girl's event specifications used for standards are 80mH @76cm, 200mH @76cm, 1500mSC @76cm, SP @3kg, DT @1kg, HT @3kg, JT @500g, and Pent the same as these individual events.