

Qualifying for Dio SSSA Athletics

Schools may send two (2) competitors in 100m, 200m, 400m and 800m, 1500m (must meet qualifying times) along with shotput, javelin and discus.

In events long jump, triple and high jump schools may send one (1) competitor. They may send a 2nd competitor if they meet the below qualifying heights/distances. Please note in some schools the 1st place may not meet the below qualifying height/distance. That is ok as all schools are entitled to send 1 student per age group for long and high jump events.

Qualifying heights/distances for a 2nd Athlete in a School Team to Dio

	Long jump		High jump		Triple jump	
	Boys	Girls	Boys	Girls		
12 yrs	3:20	3:00	1:20	1:10	Boys 12-15 yrs	9:50
13 yrs	3:70	3:20	1:30	1:10	Girls 12-15 yrs	8:30
14 yrs	3:90	3:40	1:35	1:15	Boys 16+	10:00
15 yrs	4:10	3:50	1:40	1:20	Girls 16+	9:00
16 yrs	4:40	3:65	1:45	1:20		
17 yrs	4:60	3:70	1:50	1:25		

1500m Event:

For 1500m all students MUST meet the below qualifying times. If students do not make these times, schools do not send a competitor for the 1500m event.

BOYS	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs
	6:10:00	6:05:00	5:40:00	5:30:00	5:20:00	5:10:00
GIRLS	6:30:00	6:25:00	6:20:00	6:15:00	6:15:00	6:10:00