

## 2024 R.E.A.L. Londonderry Invitational Entry Standards

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100/110 Hurdles	19.74	20.80
300m Hurdles	50.00	56.10
100m	12.94	14.50
200m	25.00	30.00
400m	57.00	68.00
800m	2:15.00	2:45.00
1600m	4:55.00	6:03.00
3200m	10:50.00	13:25.00
Shot Put	35' 0"	25' 0"
Discus	90' 0"	70' 0"
Javelin	115' 0"	70' 0"
Long Jump	18' 0"	13' 10"
Triple Jump	35' 0"	28' 0"
High Jump	5' 6"	4' 6"
Pole Vault	9' 0"	7' 0"

**ALL EVENTS CAP OUT AT 24 ENTRIES EXCEPT POLE VAULT AND HIGH JUMP WHICH WILL BE CAPPED OUT AT 16 ENTRIES.**