

## **2021 NSAF USA Meet of Champions at Myrtle Beach**

*\* updated 2/17/21*

[Please direct all questions about registration, entry guidelines, schedule and other meet information to info@nationalscholastic.org.](mailto:info@nationalscholastic.org)

### **Some notes about the standards:**

#### **QUALIFYING PERIOD**

Due to the limited opportunities for competition, we have relaxed the qualifying period compared to our Outdoor National Championship event.

Qualifying marks must be made in one of the following seasons:

Indoors: 2018 - 2019, 2019 - 2020, 2020 - 2021

Outdoors: 2019, 2020, 2021

Be sure to look for the standard for the season in which you obtained your mark.

#### **ALL EVENTS**

All events have a maximum of 24 entries except where otherwise noted.

First 24 entered that are qualified and paid will be accepted.

Actual event contested is in **bold**

Under no circumstances will time trial, dual/tri/quad meet marks or relay splits be accepted for entry or seeding purposes

Standards must be met in meets of 5 or more teams

Eligibility: see "2021 Eligibility" after the listing of all standards

#### **RELAY EVENTS**

All four runners entered must be the same as those that ran the qualifying time

All star relays (teams with runners from more than one school) are permitted in all relay events.

Composite entries will be accepted in 800 medley, 1600 medley, distance medley,

Swedish medley and 4x1 mile only

Relay legs:

Mixed 4x400: order is team/coaches choice  
 800m Medley: 100-100-200-400  
 1600m Medley: 200-200-400-800  
 Distance Medley: 1200-400-800-1600  
 Swedish Medley Relay: 100-200-300-400 with start at 200m starting line.

**Field Events**

Field events standards are shown in feet and inches/metric

**NSAF reserves the right to change standards/field sizes as conditions warrant. Entry acceptance is irrevocable unless the entry mark is found to be fallacious. Questions regarding standards should be sent to [Info@nationalscholastic.org](mailto:Info@nationalscholastic.org) with standards Inquiry as the subject**

**THERE ARE NO REFUNDS UNDER ANY CIRCUMSTANCES UNLESS THE MEET IS CANCELLED**

NA = not applicable

**Championship Events - BOYS**

Event #		Entry Standard for marks from:	
		Indoors	Outdoors
		2018 - 2021	2019, 2020, 2021
1	100m (FAT only)	NA	10.54
	Qualifying with 60m (FAT only)	6.81	NA
	Qualifying with 55m (FAT only)	6.39	NA
3	200m (FAT only)	21.71	21.44
	Qualifying with 300m (FAT only)	34.80	NA
5	400m (FAT only) [may NOT qualify with a 300m]	49.37	48.04
	Qualifying with 500m (FAT only)	1:04.55	NA

	Qualifying with 600m (FAT only)	1:20.86	NA
<b>7</b>	<b>800m</b>	1:55.20	1:53.50
	Qualifying with 1000m	2:30.10	NA
<b>9</b>	<b>One Mile</b> (may use 1500m/1600m as qualifier)	4:16.20	4:14.00
	Qualifying with 1500m	3:58.20	3:56.00
	Qualifying with 1600m	4:15.00	4:12.80
<b>11</b>	<b>Two Miles</b> (may use 3000m/3200m as qualifier)	9:12.00	9:10.00
	Qualifying with 3000m	8:32.00	8:30.00
	Qualifying with 3200m	9:08.00	9:06.00
<b>13</b>	<b>5000m</b> (may use 3000m/3200m/2 mile as qualifier)	15:20.00	15:08.00
	Qualifying with 3000m	8:56.00	8:48.00
	Qualifying with 3200m	9:32.00	9:24.00
	Qualifying with 2miile	9:36.00	9:28.00
<b>15</b>	<b>110mh</b> (FAT only)	NA	14.34
	Qualifying with 60mH (FAT only)	8.20	NA
	Qualifying with 55mH (FAT only)	7.40	NA
<b>17</b>	<b>400mh</b> (FAT only) (may use 300h as qualifier)	NA	54.00
	Qualifying with 300mH (FAT only)	NA	38.00
<b>19</b>	<b>2000m Steeplechase</b> (may use 3000m Steeplechase as qualifier)	NA	6:25.00
	Qualifying with 3000m steeple	NA	10:00.00
	<b><i>Due to the unusual circumstances since March 2020 which limit competition opportunities, athletes may qualify for the 2000m Steeple with the following marks: 1500: 3:52.00, 1600: 4:08.70, mile: 4:10.00, 3000: 8:30.00, 3200: 9:06.00, 2 mile: 9:10.00</i></b>		
<b>21</b>	<b>3000m Walk</b>	15:40.00	15:40.00
	Qualifying using 1500m walk	8:05.00	8:05.00
	Qualifying using 1 mile walk	8:45.00	8:45.00
<b>27</b>	<b>4x100m</b> (FAT only)	NA	42.54
<b>29</b>	<b>4x200m</b> (FAT only)	1:31.00	1:29.60
<b>31</b>	<b>4x400m</b>	3:25.50	3:22.50
<b>33</b>	<b>4x800m</b>	8:02.00	7:55.00

<b>35</b>	<b>4x1 Mile (may qualify with a composite, the addition of 4 mile/1600/1500 times from the qualifying period (see above))</b>	18:00.00	18:00.00
<b>37</b>	<b>800m Medley (may use INDOOR 4x200m to qualify)</b>	NA	1:36.00
	Qualifying with INDOOR 4x200m	1:31.00	NA
<b>39</b>	<b>1600m Medley</b>	3:37.00	3:34.00
<b>41</b>	<b>Distance Medley (may qualify with a composite, addition of individual times) field limited to the first 12 entries that both meet the standard and pay the entry fee)</b>	10:30.00	10:22.00
<b>43</b>	<b>Swedish Relay (100-200-300-400)</b>	NA	2:01.00
	Qualifying with INDOOR 4x400m	3:35.50	NA
<b>51</b>	<b>High Jump</b>	6-07	6-08
<b>53</b>	<b>Pole Vault</b>	15-07	15-09
<b>55</b>	<b>Long Jump</b>	22-10	23-04
<b>57</b>	<b>Triple Jump</b>	46-00	47-03
<b>59</b>	<b>Shot Put</b>	57-00	58-06
<b>61</b>	<b>Discus</b>	NA	176-00
<b>63</b>	<b>Javelin</b>	NA	180-00
<b>65</b>	<b>Hammer</b>	NA	185-00
	Qualifying with weight throw	63-06	NA
<b>67</b>	<b>Decathlon (field limited to the first 16 entries that both meet the standard and pay the entry fee)</b>	NA	5400
	Qualifying with composite of individual marks from 2020 INDOORs or 2021 outdoors	NA	5800

### Mixed Event

<b>99</b>	<b>Championship Mixed 4x400 (may qualify with composite of individual 400s from qualifying period)</b>	3:54.00	3:50.00
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### Emerging Elite Events - BOYS

<u>Event #</u>		<u>Entry Standard for marks from:</u>	
		<u>Indoors</u>	<u>Outdoors</u>
		<u>2018 - 2021</u>	<u>2019, 2020, 2021</u>
<b>101</b>	<b>100m-EE (FAT only)</b>	NA	11.34

	Qualifying with 60m (FAT only)	7.44	NA
	Qualifying with 55m (FAT only)	6.84	NA
<b>103</b>	<b>200m-EE</b> (FAT only)	22.74	22.54
	Qualifying with 300m (FAT only)	37.00	NA
<b>105</b>	<b>400m-EE</b> (FAT only) may NOT qualify with a 300m time	51.54	49.94
	Qualifying with 500m (FAT only)	1:07.00	NA
	Qualifying with 600m (FAT only)	1:26.00	NA
<b>107</b>	<b>800m-EE</b>	2:00.00	1:58.00
	Qualifying with 1000m	2:38.00	NA
<b>109</b>	<b>One Mile-EE</b> (may use 1500m/1600m as qualifier)	4:30.00	4:28.00
	Qualifying with 1500m	4:12.00	4:10.00
	Qualifying with 1600m	4:28.80	4:26.80
<b>111</b>	<b>Two Miles-EE</b> (may use 3000m/3200m as qualifier)	9:50.00	9:45.00
	Qualifying with 3000m	9:10.00	9:05.0
	Qualifying with 3200m	9:46.00	9:41.00
<b>115</b>	<b>110mh</b> (FAT only)	NA	15.04
	Qualifying with 60mH (FAT only)	8.74	NA
	Qualifying with 55mH (FAT only)	7.94	NA
<b>117</b>	<b>400mH-EE</b> (FAT only) (may use 300mh as qualifier FAT only)	NA	58.00
	Qualifying with 300mH (FAT only)	NA	42.00
<b>127</b>	<b>4x100m-EE</b> (FAT only)	NA	46.00
<b>129</b>	<b>4x200m-EE</b> (FAT only)	1:38.00	1:36.00
<b>131</b>	<b>4x400m-EE</b>	3:34.00	3:32.00
<b>133</b>	<b>4x800m-EE</b>	8:20.00	8:16.00
<b>137</b>	<b>800m Medley-EE</b> (may use indoor 4x200m to qualify)	NA	1:44.00
	Qualifying with INDOOR 4x200m	1:36.00	NA
<b>139</b>	<b>1600m Medley-EE</b>	3:50.00	3:46.00
<b>141</b>	<b>Distance Medley-EE</b> (may qualify with a composite, addition of individual times)	10:55.00	10:45.00
<b>151</b>	<b>High Jump-EE</b>	6-00	6-02
<b>153</b>	<b>Pole Vault-EE</b>	13-06	13-09
<b>155</b>	<b>Long Jump-EE</b>	21-03	21-09

157	Triple Jump-EE	43-00	44-00
159	Shot Put-EE	48-00	49-06
161	Discus-EE	NA	140-00
163	Javelin-EE	NA	140-00
165	Hammer-EE	NA	145-00
	Qualifying with weight throw	53-00	NA

### **Freshman Events - BOYS (9th graders only)**

(no entry standards; limited to first 24 paid entries)

<b>Event #</b>			
201	Freshman 100m		
203	Freshman 200m		
205	Freshman 400m		
207	Freshman 800m		
209	Freshman Mile		
211	Freshman 2 Mile		
215	Freshman 110m Hurdles - 39"		
251	Freshman High Jump		
253	Freshman Pole Vault		
255	Freshman Long Jump		
257	Freshman Triple Jump		
259	Freshman Shot Put (12#)		
261	Freshman Discus (1.6kg)		

### **Middle School Event - BOYS (6th, 7th and 8th graders only)**

(no entry standards; limited to first 24 paid entries)

<b>Event #</b>			
301	Middle School 100m		
303	Middle School 200m		
305	Middle School 400m		
307	Middle School 800m		

309	Middle School Mile		
311	Middle School 2 Mile		
315	Middle School 110m Hurdles - 33"		
351	Middle School High Jump		
353	Middle School Pole Vault		
355	Middle School Long Jump		
357	Middle School Triple Jump		
359	Middle School Shot Put (4kg)		
361	Middle School Discus (1kg)		
363	Middle School Javelin (600g)		

### Championship Events - GIRLS

Event #		Entry Standard for marks from:	
		Indoors	Outdoors
		<u>2018 - 2021</u>	<u>2019, 2020, 2021</u>
2	<b>100m</b> (FAT only)	NA	11.84
	Qualifying with 60m (FAT only)	7.59	NA
	Qualifying with 55m (FAT only)	6.99	NA
4	<b>200m</b> (FAT only)	24.63	24.24
	Qualifying with 300m (FAT only)	39.73	NA
6	<b>400m</b> (FAT only) may NOT qualify with a 300m	56.48	54.74
	Qualifying with 500m (FAT only)	1:14.80	NA
	Qualifying with 600m (FAT only)	1:34.55	NA
8	<b>800m</b>	2:14.30	2:11.00
	Qualifying with 1000m	2:53.80	NA
10	<b>One Mile</b> (may use 1500m/1600m as qualifier)	5:00.00	4:55.00
	Qualifying with 1500m	4:40.00	4:35.00
	Qualifying with 1600m	4:58.50	4:53.50
12	<b>Two Miles</b> (may use 3000m/3200m as qualifier)	10:30.00	10:30.00
	Qualifying with 3000m	9:50.00	9:50.00
	Qualifying with 3200m	10:26.00	10:26.00

<b>14</b>	<b>5000m</b> (may use 3000m/3200m/2 mile as qualifier)	18:15.00	17:55.00
	Qualifying with 3000m	10:45.00	10:33.00
	Qualifying with 3200m	11:21.00	11:09.00
	Qualifying with 2miile	11:25.00	11:13.00
<b>16</b>	<b>100mH</b> (FAT only)	NA	14.24
	Qualifying with 60mH (FAT only)	8.73	NA
	Qualifying with 55mH (FAT only)	7.94	NA
<b>18</b>	<b>400mH</b> (FAT only) (may use 300mh as qualifier)	NA	62.84
	Qualifying with 300mH (FAT only)	NA	43.84
<b>20</b>	<b>2000m Steeplechase</b> (may use 3000m Steeplechase as qualifier)	NA	7:30.00
	Qualifying with 3000m steeplechase	NA	11:25.00
	<b>Due to the unusual circumstances since March 2020 which limit competition oppourtunities, athletes may qualify for the 2000m Steeple with the following marks: 1500: 4:38.00, 1600: 4:56.50, mile: 4:58.00, 3000: 10:00.00, 3200: 10:36.00, 2 mile: 10:40.00</b>		
<b>22</b>	<b>3000m Walk</b>	16:25.00	16:25.00
	Qualifying using 1500m walk	7:15.00	7:15.00
	Qualifying using 1 mile walk	7:55.00	7:55.00
<b>28</b>	<b>4x100m</b> (FAT only)	NA	48.50
<b>30</b>	<b>4x200m</b> (FAT only)	1:45.20	1:44.00
<b>32</b>	<b>4x400m</b>	4:04.00	3:59.00
<b>34</b>	<b>4x800m</b>	9:34.00	9:30.00
<b>36</b>	<b>4x1 Mile</b> (may qualify with a composite, the addition of 4 mile/1600/1500 times from the qualifying period (see above))	21:25.00	21:15.00
<b>38</b>	<b>800m Medley</b> (may use INDOOR 4x200 to qualify)	NA	1:50.00
	Qualifying with INDOOR 4x200	1:45.20	NA
<b>40</b>	<b>1600m Medley</b>	4:12.80	4:10.00
<b>42</b>	<b>Distance Medley</b> (may qualify with a composite, addition of individual times) Field limited to the first 12 entries that both meet the standard and pay the entry fee	12:25.00	12:15.00
<b>44</b>	<b>Swedish Relay (100-200-300-400)</b>	NA	2:20.00
	Qualifying with INDOOR 4x400	4:04.00	NA



52	High Jump	5-5.50	5-06.25
54	Pole Vault	12-09	12-09
56	Long Jump	19-00	19-00
58	Triple Jump	39-00	39-00
60	Shot Put	42-03	43-03
62	Discus	NA	140-00
64	Javelin	NA	125-00
66	Hammer	NA	145-00
66	Qualifying with weight throw	49-06	NA
68	<b>Heptathlon</b> (field limited to the first 16 entries that both meet the standard and pay the entry fee)	NA	4200
68	Qualifying with composite of individual marks from 2020 INDOORS or 2021 outdoors	NA	4500

### Mixed Event

99	Championship Mixed 4x400 (may qualify with composite of individual 400s from qualifying period)	3:54.00	3:50.00
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### Emerging Elite Events - GIRLS

Event #		Entry Standard for marks from:	
		Indoors	Outdoors
		2018 - 2021	2019, 2020, 2021
102	<b>100m-EE</b> (FAT only)	NA	12.54
	Qualifying with 60m (FAT only)	8.34	NA
	Qualifying with 55m (FAT only)	7.74	NA
104	<b>200m-EE</b> (FAT only)	25.74	25.54
	Qualifying with 300m (FAT only)	42.00	NA
106	<b>400m-EE</b> (FAT only) may NOT qualify with a 300m time	59.24	58.04
	Qualifying with 500m (FAT only)	1:21.00	NA
	Qualifying with 600m (FAT only)	1:42.00	NA
108	<b>800m-EE</b>	2:20.00	2:19.00
	Qualifying with 1000m	3:03.00	NA
110	<b>One Mile-EE</b> (may use 1500m/1600m as qualifier)	5:11.00	5:08.00

	Qualifying with 1500m	4:51.00	4:48.00
	Qualifying with 1600m	5:09.50	5:06.50
	<b>Two Miles-EE</b> (may use 3000m/3200m as qualifier)	11:25.00	11:20.00
	Qualifying with 3000m	10:45.00	10:40.00
112	Qualifying with 3200m	11:21.00	11:16.00
116	<b>100mH</b> (FAT only)	NA	15.04
	Qualifying with 60mH (FAT only)	9.54	NA
	Qualifying with 55mH (FAT only)	8.64	NA
118	<b>400mH-EE</b> (may use 300mh as qualifier FAT only)	NA	68.00
	Qualifying with 300mH (FAT only)	NA	49.00
128	<b>4x100m-EE</b> (FAT only)	NA	51.00
130	<b>4x200m-EE</b> (FAT only)	1:52.00	1:49.00
132	<b>4x400m-EE</b>	4:10.00	4:06.00
134	<b>4x800m-EE</b>	9:55.00	9:50.00
138	<b>800m Medley-EE</b> (may use INDOOR 4x200m to qualify)	NA	1:55.00
	Qualifying with INDOOR 4x200	1:49.00	NA
140	<b>1600m Medley-EE</b>	4:28.00	4:24.00
142	<b>Distance Medley-EE</b> (may qualify with a composite, addition of individual times)	12:52.00	12:42.00
152	<b>High Jump-EE</b>	5-00	5-02
154	<b>Pole Vault-EE</b>	10-06	11-00
156	<b>Long Jump-EE</b>	17-00	17-06
158	<b>Triple Jump-EE</b>	35-00	36-06
160	<b>Shot Put-EE</b>	35-00	38-00
162	<b>Discus-EE</b>	NA	115-00
164	<b>Javelin-EE</b>	NA	95-00
166	<b>Hammer-EE</b>	NA	115-00
	Qualifying with weight throw	40-00	NA

### **Freshman Events - GIRLS (9th graders only)**

(no entry standards; limited to first 24 paid entries)

**Event #**


202	Freshman 100m		
204	Freshman 200m		
206	Freshman 400m		
208	Freshman 800m		
210	Freshman Mile		
212	Freshman 2 Mile		
216	Freshman 100m Hurdles - 33"		
252	Freshman High Jump		
254	Freshman Pole Vault		
256	Freshman Long Jump		
258	Freshman Triple Jump		
260	Freshman Shot Put (4kg)		
262	Freshman Discus (1kg)		

**Middle School Events - GIRLS (6th, 7th and 8th graders only)**

(no entry standards; limited to first 24 paid entries)

<b>Event #</b>			
302	Middle School 100m		
304	Middle School 200m		
306	Middle School 400m		
308	Middle School 800m		
310	Middle School Mile		
312	Middle School 2 Mile		
316	Middle School 100m Hurdles - 30"		
352	Middle School High Jump		
354	Middle School Pole Vault		
356	Middle School Long Jump		
358	Middle School Triple Jump		
360	Middle School Shot Put (6lb)		
362	Middle School Discus (.75kg)		
364	Middle School Javelin (600g)		

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### **Some notes about the standards:**

#### **QUALIFYING PERIOD**

Due to the limited opportunities for competition, we have relaxed the qualifying period compared to our Outdoor National Championship event.

Qualifying marks must be made in one of the following seasons:

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Outdoors: 2019, 2020, 2021

Be sure to look for the standard for the season in which you obtained your mark.

#### **ALL EVENTS**

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First 24 entered that are qualified and paid will be accepted.

Actual event contested is in **bold**

Under no circumstances will time trial, dual/tri/quad meet marks or relay splits be accepted for entry or seeding purposes

Standards must be met in meets of 5 or more teams

Eligibility: see bottom of page

#### **RELAY EVENTS**

All four runners entered must be the same as those that ran the qualifying time

All star relays (teams with runners from more than one school) are permitted in all relay events.

Composite entries will be accepted in 800 medley, 1600 medley, distance medley,

Swedish medley and 4x1 mile only

Relay legs:

Mixed 4x400: order is team/coaches choice

800m Medley: 100-100-200-400

1600m Medley: 200-200-400-800

Distance Medley: 1200-400-800-1600

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### **Field Events**

Field events standards are shown in feet and inches/metric

**NSAF reserves the right to change standards/field sizes as conditions warrant. Entry acceptance is irrevocable unless the entry mark is found to be fallacious questions regarding standards should be sent to [Info@nationalscholastic.org](mailto:Info@nationalscholastic.org) with standards Inquiry as the subject**

**THERE ARE NO REFUNDS UNDER ANY CIRCUMSTANCES UNLESS THE MEET IS CANCELLED**

Eligibility:

### **2021 Eligibility**

The NSAF USA Meet of Champions in Myrtle Beach is a USATF sanctioned event. It is not a National High School Federation sanctioned event. The meet requirement is that students are legitimate high school or junior high school students. Those students do not represent their high school in any way at this meet, but compete unattached or for clubs. All entry fees are expected to be paid by the individuals or clubs.

Athletes specifically eligible to compete in **Championship and Emerging Elite events** are:

Full time students in grades 9-12 born September 1, 2001 or later.

Home-schooled athletes who meet the age requirements.

Full time students in grades 6 - 7 - 8 who are eligible to compete for a high school team in winter 2020 - 2021 or spring 2021.

Athletes specifically eligible to compete in **Freshman events** are:

Full time students in grade 9.

Home-schooled athletes who meet the age requirements.

Athletes specifically eligible to compete in **Middle School events** are:

Full time students in grade 6 - 7 - 8.

Home-schooled athletes who meet the age requirements.

**ALL** athletes must have been born September 1, 2001 or later.

In all cases the athlete must meet entry standards as detailed above

**Specifically Ineligible to Compete are:**

Athletes who graduated from high school in 2019 or January 2020.

Those athletes who were in their 5th year or later from 9th grade in the academic year 2019 - 2020.

Athletes in grade 5 or lower

**USATF MEMBERSHIP IS RECOMMENDED FOR ALL ATHLETES**

**(NOT required for coaches or parents)**

[USATF cards may be purchased at www.usatf.org](http://www.usatf.org).

A photo ID is **required** for identification when picking up your packet at registration.