

2010

GaREAT American Championship

Boys Qualifying Standards

| Event | Gold | Silver | Bronze |
|--------------|----------------|----------------|----------------|
| 3000m | 08:54.0 | 09:10.0 | 09:26.0 |
| 3200m | 09:37.0 | 09:50.0 | 10:03.8 |
| 1500m | 4:10.0 | 4:15.0 | 4:20.0 |
| 1600m | 04:25.0 | 04:28.0 | 04:31.0 |
| 1 Mile Run | 4:26:50 | 4:31:00 | 4:34:50 |
| 800m | 01:59.0 | 02:01.5 | 02:03.8 |
| 55mh | 7.75 | 8.24 | 8.73 |
| 60mh | 8.35 | 8.64 | 9.03 |
| 55m | 6.55 | 6.84 | 6.93 |
| 60m | 7.05 | 7.34 | 7.50 |
| 200m | 22.60 | 23.64 | 24.00 |
| 400m | 50.5 | 52.54 | 54.00 |
| HJ | 6-5' | 6-03.00' | 6-01.00' |
| LJ | 22-2' | 21-00.00' | 19-10.00' |
| TJ | 44-6' | 43-00.00' | 38-00.00' |
| SP | 53-0' | 50-00.00' | 48-00.00' |
| WT | 55-0' | 45-00' | 44-00' |
| PV | 14-6' | 13-03.00' | 12-00.00' |
| DMR | 10:40.0 | 11:15.0 | 11:50.0 |
| 4x200 | 01:32.5 | 01:34.0 | 01:35.5 |
| 4x400 | 3:29.00 | 3:32.00 | 3:40.00 |
| 4x800 | 08:12.0 | 08:19.0 | 8:35.00 |
| 4x1500 | Top 16 Times | | |
| 4X60mH | Top 16 Times | | |

Girls Qualifying Standards

| Event | Gold | Silver | Bronze |
|--------------|--------------|---------------|---------------|
| 3000m | 10:30.0 | 11:00.0 | 11:30.0 |
| 3200m | 11:18.5 | 11:45.0 | 12:11.5 |
| 1500m | 4:51.50 | 5:10.00 | 5:30.0 |
| 1600m | 05:08.0 | 05:20.0 | 05:40.4 |
| 1 Mile Run | 05:11.5 | 05:23.0 | 05:34.5 |
| 800m | 02:17.0 | 02:22.0 | 02:29.0 |
| 55mh | 8.50 | 9.24 | 9.98 |
| 60mh | 9.20 | 9.84 | 10.00 |
| 55m | 7.25 | 7.64 | 8.03 |
| 60m | 7.80 | 8.14 | 8.25 |
| 200m | 25.65 | 26.64 | 27.50 |
| 400m | 58.30 | 01:00.0 | 61.50 |
| HJ | 5-05.00' | 5-02.00' | 4-11.00' |
| LJ | 18-00.00' | 16-06.00' | 15-09.00' |
| TJ | 36-06.00' | 35-00.00' | 32-00.00' |
| SP | 39-00.00' | 35-00.00' | 34-00.00' |
| WT | 40-00.00' | 30-00' | 29-00' |
| PV | 11-00.00' | 10-03.00' | 9-00.00' |
| DMR | 12:45.0 | 13:00.0 | 13:15.0 |
| 4x200 | 01:46.0 | 01:50.0 | 01:54.0 |
| 4x400 | 4:05.0 | 4:10.0 | 4:15.0 |
| 4x800 | 9:40.0 | 10:00.0 | 10:20.0 |
| 4x1500 | Top 16 Times | | |
| 4x60mH | Top 16 Times | | |