

# HHSAA Track and Field Standards for 2008

## Boys Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	141' 10.00"	134' 05.00"
Shot Put	46' 03.50"	43' 09.25"
Long Jump	20' 11.25"	20' 04.75"
Triple Jump	41' 05.25"	40.06.75
High Jump	6' 00"	5' 10"
Pole Vault	12' 00"	11' 00"

<u>Running Events</u>	Electronic Time Standards (F.A.T.)		Hand Time Standards	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110 Hurdles	16.24	16.54	16.0h	16.3h
100 Dash	11.34	11.54	11.1h	11.3h
1500 Run	4:27.74	4:32.74	4:27.5h	4:32.5h
4 x 100 Relay	45.24	45.94	45.0h	45.7h
400 Dash	52.74	54.24	52.5h	54.0h
300 Hurdles	42.64	44.04	42.4h	43.8h
800 Run	2:06.74	2:09.24	2:06.5h	2:09.0h
200 Dash	23.24	24.04	23.0h	23.8h
3000 Run	9:50.84	10:02.24	9:50.6h	10:02.0h
4 x 400 Relay	3:38.14	3:43.24	3:37.9h	3:43.0h

## Girls Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	105' 08.00"	99' 02.00"
Shot Put	32' 05.00"	30' 00.00"
Long Jump	15' 09.50"	15' 02.75"
Triple Jump	32' 11.00"	31' 09.75"
High Jump	4' 10"	4' 08"
Pole Vault	8' 06"	8' 00"

<u>Running Events</u>	Electronic Time Standards (F.A.T.)		Hand Time Standards	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100 Hurdles	17.24	18.54	17.0h	18.3h
100 Dash	13.34	13.84	13.1h	13.6h
1500 Run	5:20.24	5:31.24	5:20.0h	5:31.0h
4 x 100 Relay	53.54	55.74	53.3h	55.5h
400 Dash	1:03.44	1:07.14	1:03.2h	1:06.9h
300 Hurdles	50.14	55.14	49.9h	54.9h
800 Run	2:31.24	2:35.54	2:31.0h	2:35.3h
200 Dash	27.84	29.24	27.6h	29.0h
3000 Run	11:49.84	12:16.84	11:49.6h	12:16.6h
4 x 400 Relay	4:25.04	4:36.34	4:24.8h	4:36.1h