

## HHSAA Track and Field Standards for 2010

**Boys Standards**

<b><u>Field Events</u></b>	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>
Discus	148-05	136' 01
Shot Put	48-06.25	43-05.25
Long Jump	21-01.25	19-10.50
Triple Jump	42-06.25	40-05.50
High Jump	6-00	5-08
Pole Vault	13-00	11-06

<b><u>Running Events</u></b>	<b>Electronic Time Standards (F.A.T.)</b>		<b>Hand Time Standards</b>	
	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>
110 Hurdles	15.74	16.54	15.5h	16.3h
100 Dash	11.24	11.44	11.0h	11.2h
1500 Run	4:19.64	4:27.94	4:19.4h	4:27.7h
4 x 100 Relay	44.24	45.74	44.0h	45.5h
400 Dash	51.44	53.14	51.2h	52.9h
300 Hurdles	41.64	43.24	41.4h	43.0h
800 Run	2:04.14	2:08.34	2:03.9h	2:08.1h
200 Dash	22.84	23.54	22.6h	23.3h
3000 Run	9:39.44	10:08.24	9:39.2h	10:08.0h
4 x 400 Relay	3:34.14	3:41.84	3:33.9h	3:41.6h

**Girls Standards**

<b><u>Field Events</u></b>	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>
Discus	113-06	94-04
Shot Put	35-05.75	32-00.25
Long Jump	16-04.25	15-04.00
Triple Jump	34-05.75	32-06.75
High Jump	5-00	4-10
Pole Vault	9-00	7-6

<b><u>Running Events</u></b>	<b>Electronic Time Standards (F.A.T.)</b>		<b>Hand Time Standards</b>	
	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>	<b><u>Auto Standard</u></b>	<b><u>Cons Standard</u></b>
100 Hurdles	16.64	17.44	16.4h	17.2h
100 Dash	12.94	13.24	12.7h	13.0h
1500 Run	5:08.54	5:24.24	5:08.3h	5:24.0h
4 x 100 Relay	51.94	54.94	51.7h	54.7h
400 Dash	61.64	63.84	61.4h	63.6h
300 Hurdles	49.14	51.24	48.9h	51.0h
800 Run	2:28.14	2:34.54	2:27.9h	2:34.3h
200 Dash	26.74	27.64	26.5h	27.4h
3000 Run	11:26.14	12:11.94	11:25.9h	12:11.7h
4 x 400 Relay	4:19.94	4:35.84	4:19.7h	4:35.6h