

# 2011 State Track & Field Qualifying Standards

Updated March 31, 2011

## BOYS STANDARDS

<b>Field Events</b>	Auto Standard	Cons Standard
Discus	149-00	136-01
Shot Put	47-05.25	41-08.25
Long Jump	21-00.25	19-10.50
Triple Jump	43-03.00	40-05.50
High Jump	6-00	5-08
Pole Vault	13-00	11-06

<b>Running Event</b>	<b>Electronic Time Standards (F.A.T.)</b>		<b>Hand Time Standards</b>	
	Auto Standard	Cons Standard	Auto Standard	Cons Standard
110m Hurdles	15.74	16.64	15.5h	16.4h
100m Dash	11.14	11.44	10.9h	11.2h
1500m Run	4:19.64	4:29.94	4:19.4h	4:29.7h
4 x 100m Relay	44.04	45.94	43.8h	45.7h
400m Dash	51.34	53.34	51.1h	53.1h
300m Hurdles	41.64	44.04	41.4h	43.8h
800m Run	2:05.04	2:09.64	2:04.8h	2:09.4h
200m Dash	22.74	23.44	22.5h	23.2h
3000m Run	9:41.44	10:08.24	9:41.2h	10:08.0h
4 x 400m Relay	3:33.64	3:41.84	3:33.4h	3:41.6h

## GIRLS STANDARDS

<b>Field Events</b>	Auto Standard	Cons Standard
Discus	113-06	96-06
Shot Put	35-05.75	31-02.75
Long Jump	16-05.50	15-04.00
Triple Jump	34-05.75	32-04.00
High Jump	5-00	4-10
Pole Vault	9-00	7-6

<b>Running Event</b>	<b>Electronic Time Standards (F.A.T.)</b>		<b>Hand Time Standards</b>	
	Auto Standard	Cons Standard	Auto Standard	Cons Standard
100m Hurdles	16.64	17.64	16.4h	17.4h
100m Dash	12.94	13.24	12.7h	13.0h
1500m Run	5:08.34	5:26.24	5:08.1h	5:26.0h
4 x 100m Relay	51.84	54.44	51.6h	54.2h
400m Dash	1:01.24	1:04.64	1:01.0h	1:04.4h
300m Hurdles	48.94	51.94	48.7h	51.7h
800m Run	2:27.44	2:36.24	2:27.2h	2:36.0h
200m Dash	26.64	27.64	26.4h	27.4h
3000m Run	11:26.04	12:11.94	11:25.8h	12:11.7h
4 x 400m Relay	4:19.94	4:35.84	4:19.7h	4:35.6h