

HHSAA Track and Field Standards for 2012

BOYS STANDARDS

Field Events	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	149-00	125-08
Shot Put	47-05.25	41-08.25
Long Jump	21-00.25	19-08.00
Triple Jump	41-02.50	38-11.25
High Jump	6-00	5-08
Pole Vault	13-00	11-06

Running Event	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>
110m Hurdles	15.74	16.84	15.5h	16.6h
100m Dash	11.14	11.44	10.9h	11.2h
1500m Run	4:19.64	4:34.94	4:19.4h	4:34.7h
4 x 100m Relay	44.04	46.24	43.8h	46.0h
400m Dash	51.34	54.34	51.1h	54.1h
300m Hurdles	41.64	44.74	41.4h	44.5h
800m Run	2:05.04	2:11.44	2:04.8h	2:11.2h
200m Dash	22.74	23.64	22.5h	23.4h
3000m Run	9:41.44	10:11.74	9:41.2h	10:11.5h
4 x 400m Relay	3:33.64	3:41.84	3:33.4h	3:41.6h

GIRLS STANDARDS

Field Events	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	113-06	96-06
Shot Put	35-05.75	30-08.25
Long Jump	16-05.50	15-04.00
Triple Jump	34-05.75	31-07.25
High Jump	5-00	4-10
Pole Vault	9-00	7-6

Running Event	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>
100m Hurdles	16.64	17.64	16.4h	17.4h
100m Dash	12.84	13.24	12.6h	13.0h
1500m Run	5:08.34	5:29.14	5:08.1h	5:28.9h
4 x 100m Relay	51.84	54.44	51.6h	54.2h
400m Dash	1:01.24	1:05.14	1:01.0h	1:04.9h
300m Hurdles	48.64	52.24	48.4h	52.0h
800m Run	2:26.24	2:36.24	2:26.0h	2:36.0h
200m Dash	26.64	27.64	26.4h	27.4h
3000m Run	11:26.04	12:19.94	11:25.8h	12:19.7h
4 x 400m Relay	4:19.94	4:34.34	4:19.7h	4:34.1h