

# HHSAA Track and Field Standards for 2014

## BOYS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	149-00	125-10
Shot Put	47-05.25	43-06.50
Long Jump	21-07.25	19-00.00
Triple Jump	42-03.25	40.01.25
High Jump	6-00	5-08
Pole Vault	13-00	11-06

### Electronic Time Standards (F.A.T.)

<u>Running Event</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110m Hurdles	15.64	16.84
100m Dash	11.14	11.44
1500m Run	4:17.34	4:28.64
4 x 100m Relay	44.14	46.84
400m Dash	51.54	53.34
300m Hurdles	41.64	43.74
800m Run	2:01.74	2:07.64
200m Dash	22.74	23.34
3000m Run	9:37.54	10:09.54
4 x 400m Relay	3:32.54	3:50.84

### Hand Time Standards

<u>Auto Standard</u>	<u>Cons Standard</u>
15.4h	16.6h
10.9h	11.2h
4:17.1h	4:28.4h
43.9h	46.6h
51.3h	53.1h
41.4h	43.5h
2:01.5h	2:07.4h
22.5h	23.1h
9:37.3h	10:09.3h
3:32.3h	3:50.6h

## GIRLS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	119-10	95-06
Shot Put	36-01.50	31-10.50
Long Jump	16-05.50	15-06.00
Triple Jump	33-10.50	31-11.50
High Jump	5-00	4-08
Pole Vault	9-06	7-06

### Electronic Time Standards (F.A.T.)

<u>Running Event</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100m Hurdles	16.24	17.74
100m Dash	12.74	13.24
1500m Run	4:58.74	5:20.34
4 x 100m Relay	51.54	54.74
400m Dash	1:00.34	1:03.14
300m Hurdles	47.94	52.04
800m Run	2:24.84	2:33.64
200m Dash	26.64	27.64
3000m Run	11:09.74	11:59.64
4 x 400m Relay	4:17.44	4:36.64

### Hand Time Standards

<u>Auto Standard</u>	<u>Cons Standard</u>
16.0h	17.5h
12.5h	13.0h
4:58.5h	5:20.1h
51.3h	54.5h
1:00.1h	1:02.9h
47.7h	51.8h
2:24.6h	2:33.4h
26.4h	27.4h
11:09.5h	11:59.4h
4:17.2h	4:36.4h