

Track & Field

2011 Qualifying Standards

All Track times must be electronic times, (F.A.T.)

Division I

Event	Boys Automatic	Boys Provisional	Girls Automatic	Girls Provisional
4X800 Relay	8:19.32	8:37.87	10:08.58	10:51.92
110 H. Hurdles	14.80	15.94	15.63	17.09
100 M Dash	10.93	11.27	12.70	13.02
1600 M Run	4:24.93	4:38.88	5:21.56	5:36.96
4X100 Relay	43.03	45.02	49.88	53.21
400 M Dash	49.65	51.28	59.37	1:02.40
300 I. Hurdles	39.66	41.59	46.80	49.28
800 M run	1:58.75	2:02.25	2:23.73	2:29.21
200 M Dash	22.03	22.71	25.80	26.93
3200 M Run	9:54.87	10:12.44	11:40.15	12:25.60
4X400 Relay	3:24.26	3:34.09	4:09.50	4:20.82
Pole Vault	13' 6"	12'	10'	8' 1"
High Jump	6' 2"	5' 10"	5' 2"	4' 8"
Long Jump	21' 6"	20' 6"	16' 6"	15' 4"
Triple Jump	44' 4"	41' 6"	35'	31' 11"
Shot Put	51' 1"	44' 11"	36' 4"	32' 4"
Discus	150' 2"	131' 11"	112' 5"	98' 8"

Division II

Event	Boys Automatic	Boys Provisional	Girls Automatic	Girls Provisional
4X800 Relay	8:22.86	8:50.11	10:16.60	11:11.40
110 H. Hurdles	14.82	16.55	16.35	17.65
100 M Dash	11.02	11.62	12.79	13.61
1600 M Run	4:29.47	4:48.13	5:23.67	5:55.67
4X100 Relay	43.44	45.38	50.91	52.70
400 M Dash	50.02	52.68	59.56	63.75
300 I. Hurdles	39.97	42.52	47.05	51.99
800 M run	1:58.87	2:05.32	2:23.74	2:34.90
200 M Dash	22.64	23.69	26.15	27.16
3200 M Run	9:55.86	10:46.70	11:47.19	13:48.30
4X400 Relay	3:27.64	3:43.49	4:11.75	4:29.85
Pole Vault	13'	10' 6"	9' 3"	8'
High Jump	6' 4"	6'	5' 2"	4' 8"
Long Jump	21' 9"	19' 1"	16' 2"	15'
Triple Jump	44'	40' 1"	35'	30' 1"
Shot Put	47' 7"	38' 7"	32' 10"	28' 7"
Discus	140' 4"	102'	103'	86' 6"

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Division III

Event	Boys Automatic	Boys Provisional	Girls Automatic	Girls Provisional
4X800 Relay	8:34.22	11:15.46	10:47.67	12:45.00
110 H. Hurdles	15.82	18.24	17.00	18.94
100 M Dash	11.28	11.76	13.15	14.06
1600 M Run	4:36.54	5:18.10	5:42.86	6:30.11
4X100 Relay	44.69	51.90	53.45	1:01.32
400 M Dash	51.67	55.84	1:02.04	1:17.00
300 I. Hurdles	40.73	49.04	48.24	1:03.50
800 M run	2:01.20	2:16.16	2:30.51	2:49.49
200 M Dash	22.85	23.69	27.22	30.59
3200 M Run	10:03.54	12:14.89	12:37.30	15:09.15
4X400 Relay	3:32.09	4:08.14	4:17.76	4:58.89
Pole Vault	13'	10'	8' 6"	6' 6"
High Jump	6' 2"	5' 6"	4' 10"	4' 4"
Long Jump	20' 4"	14' 6"	15' 5"	11'
Triple Jump	41' 8"	32' 6"	32' 6"	22'
Shot Put	44' 9"	35'	32' 7"	25' 4"
Discus	127'	100'	96' 10"	73'

Division IV

Event	Boys Automatic	Boys Provisional	Girls Automatic	Girls Provisional
4X800 Relay	8:55.02	11:30.00	11:07.09	14:10.65
110 H. Hurdles	16.80	19.50	17.52	20.50
100 M Dash	11.37	11.94	13.26	14.77
1600 M Run	4:45.03	5:56.28	5:52.01	6:40.00
4X100 Relay	45.81	52.00	53.61	1:05.85
400 M Dash	53.03	59.73	1:04.82	1:19.00
300 I. Hurdles	43.44	48.92	52.17	1:05.00
800 M run	2:04.77	2:17.00	2:34.54	2:53.00
200 M Dash	23.06	24.39	28.15	31.60
3200 M Run	10:43.53	12:48.76	12:51.46	15:09.15
4X400 Relay	3:43.48	4:24.90	4:42.61	Open
Pole Vault	12'	9'	8'	6'
High Jump	5' 10"	5' 4"	4' 10"	4' 4"
Long Jump	19' 3"	14'	15' 5"	11'
Triple Jump	40'	30'	31' 10"	20'
Shot Put	44' 2"	30'	29' 9"	23'
Discus	124' 10"	90'	88' 7"	61' 6"