

QUALIFYING STANDARDS 2013

BOYS

GIRLS

NCCC

STATES (FAT)

NCCC

STATES (FAT)

110/100 H	19.7	19.94	17.94	110/100 H	20	20.24	18.24
300H	49	49.24	45.24	300H	59.4	59.64	53.74
100M	12.4	12.64	11.94	100M	14	14.24	13.74
200M	25.6	25.84	24.54	200M	29.9	30.14	28.94
400M	59	59.24	54.24	400M	71	71.24	65.24
800M	02:21.0	02:21.24	2:07.74	800M	02:49.0	02:49.24	2:35.74
1600M	05:08.0	05:08.24	4:48.24	1600M	06:18.0	06:18.24	5:50.24
3200M	11:20.0	11:20.24	10:50.24	3200M	14:00.0	14:00.24	13:10.24
4X100R			48.24	4X100R			55.74
4X400R			3:48.24	4X400R			4:35.24
4X800R			9:20.24	4X800R			11:30.24
LONG JUMP	16'8"		19'	LONG JUMP	12'9"		14'6"
HIGH JUMP	5'2"		5'8"	HIGH JUMP	4'4"		4'8"
TRIPLE JUMP	34'0"		38'6"	TRIPLE JUMP	27'0"		30'
SHOT PUT	33'6"		40'	SHOT PUT	23'8"		29'
DISCUS	90'0"		115'	DISCUS	65'0"		85'
JAVELIN	110'0"		135'	JAVELIN	65'0"		85'
POLE VAULT	9'0"		10'	POLE VAULT	6'6"		7'6"

Boys pole vault: open 8'6" then by 6" increments

Boys high jump: open 5'2" then by 2" increments

Girls pole vault: open 6'0" then by 6" increments

Girls high jump: open 4'2" then by 2" increments