

## 2010 TRACK & FIELD MINIMUM QUALIFYING STANDARDS - F.A.T.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
13.04	100 Meter Dash	11.44
26.94	200 Meter Dash	23.24
1:01.74	400 Meter Dash	52.24
2:26.30 (B) 2:24.30 (A)	800 Meter Run	2:03.30 (B) 2:01.80 (A)
5:35.00 (B) 5:30.00 (A)	1600 Meter Run	4:40.00 (B) 4:35.00 (A)
12:16.00 (B) 12:05.00 (A)	3200 Meter Run	10:20.00 (B) 10:05.00 (A)
16.74	100 Meter Hurdles	
	110 Meter Hurdles	16.24 (B) 16.04 (A)
48.84	300 Meter Hurdles	42.24 (B) 42.04 (A)
16'5" (B) 16'8" (A)	Long Jump	20'9"
34'0"	Triple Jump	41'6"
5'1"	High Jump	6'2"
35'6"	Shot Put	46'9" (B) 48'6" (A)
115'0" (B) 118'0" (A)	Discus	140'0" (B) 147'0" (A)
115'0" (B) 110'0" (A)	Javelin	160'0"
9'0"	Pole Vault	12'0" (B) 12'6" (A)
53.04	400 Meter Relay	45.94 (B) 45.44 (A)
1:51.80	800 Meter Relay	1:35.30 (B) 1:34.30 (A)
4:16.30	1600 Meter Relay	3:36.30 (B) 3:34.30 (A)
10:20.00 (B) 10:10.00 (A)	3200 Meter Relay	8:35.00 (B) 8:24.00 (A)

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**NOTE: Some qualifying standards are different for Class B and Class A**

(Standards in bold are those that are different from last year)

***All times are F.A.T. times. At a meet with a manual timing system you must round the original time up to the next tenth and then add .24 seconds to determine if you have met these qualifying standards.***