

Central League Individual Championship

Wed. May 6, 2015

| GIRLS STANDARDS | |
|-----------------|---------|
| 100HH | 17.5 |
| 300 LH | 52.5 |
| 100M | 13.3 |
| 200M | 28.0 |
| 400M | 65.0* |
| 800M | 2:30.0 |
| 1600M | 5:45.0* |
| 3200M | 13:00.0 |
| High Jump | 4-8 |
| Long Jump | 15-9 |
| Triple Jump | 32-0 |
| Shot Put | 29-0 |
| Discus | 85-0 |
| Javelin | 80-0 |
| Pole Vault | 8-0* |

*Revised 6.14

| BOYS STANDARDS | |
|----------------|-------|
| 110HH | 16.0 |
| 300 H | 42.0 |
| 100M | 11.3 |
| 200M | 23.3 |
| 400M | 52.0 |
| 800M | 2:03 |
| 1600M | 4:40 |
| 3200M | 10:10 |
| High Jump | 5-8 |
| Long Jump | 19-6 |
| Triple Jump | 40-0 |
| Shot Put | 42-0 |
| Discus | 120-0 |
| Javelin | 140-0 |
| Pole Vault | 10-6 |

*Revised 2.25.09

***Each School is permitted TWO participants and ONE relay per event. If more than two participants are entered, then all competitors in the event must equal or better the standard. No more than ONE relay per school is permitted. There will be NO standards for the relays. Athletes who participate in the 2nd novice meet are NOT allowed to participate in the League Meet unless they are replacing an injured athlete who was scheduled to run a relay in the league meet*



PIAA District I & PIAA State Championships

2015 Qualifying Standards

| | Boys Standards | | Girls Standards | |
|-----------------|----------------|------------|-----------------|------------|
| | DISTRICT I | STATE MEET | DISTRICT I | STATE MEET |
| 4x800 | 8:15.24 | 8:02.04 | 9:50.24 | 9:35.48 |
| 110/100 Hurdles | 15.44 | 15.10 | 16.34 | 15.65 |
| 100M Dash | 11.24 | 11.10 | 12.74 | 12.67 |
| 1600M Run | 4:29.24 | 4:24.22 | 5:18.24 | 5:12.25 |
| 400M Dash | 51.24 | 50.09 | 60.24 | 58.80 |
| 4x100 | 44.14 | 43.25 | 51.14 | 49.75 |
| 300 Hurdles | 40.74 | 39.80 | 47.74 | 46.60 |
| 800M Run | 1:59.64 | 1:57.32 | 2:21.74 | 2:18.47 |
| 200M Dash | 22.84 | 22.50 | 26.54 | :25.91 |
| 3200M Run | 9:50.24 | 9:31.71 | 11:30.24 | 11:13.30 |
| 4x400 | 3:26.24 | 3:24.03 | 4:06.24 | 4:02.50 |
| High Jump | 6-2 | 6-5 | 5-1 | 5-3 |
| Pole Vault | 13-0 | 14-3 | 9-6 | 11-0 |
| Long Jump | 21-0 | 22-0 | 16-10 | 17-6 |
| Triple Jump | 42-8 | 44-6 | 34-8 | 36-6 |
| Shot Put | 48-0 | 52-0 | 33-6 | 37-6 |
| Discus | 135-0 | 153-0 | 101-0 | 118-0 |
| Javelin | 160-0 | 178-0 | 102-0 | 122-0 |

**District I standards must be met at least once in a invitational meet or twice in a league dual/tri meet.*

***subtract .24 these standards to equal a hand stopwatch time.*

****State Meet Advancement:*

Any athlete that finishes in the top 5 in each event regardless of time, distance or height will advance to States. Any 6th - 8th place finisher whose time, distance or height equals or betters the State standard shall qualify as well.



New Balance Outdoor Nationals

North Carolina A&T June 19-21, 2015

CHAMPIONSHIP GUIDELINES

Emerging Elite Guidelines

| EVENT | BOYS | GIRLS | EVENT | BOYS | GIRLS |
|---|------------------|-------------------|-----------------------------|-----------------|-------------------|
| 100m (FAT only) | 10.64 | 12.04 | 100m-EE (FAT only) | 10.84 | 12.24 |
| 200m (FAT only) | 21.64 | 24.64 | 200m-EE (FAT only) | 21.94 | 24.94 |
| 400m | 48.0/48.14 | 55.9/56.04 | 400m-EE | 48.8/48.94 | 56.8/57.04 |
| 800m | 01:53.0 | 02:12.0 | 800m-EE | 01:54.2 | 02:14.0 |
| One Mile | 4:13.5 (3:55.5) | 4:55.0 (4:35.0) | One Mile-EE | 4:18.0 (4:00.0) | 5:02.0 (4:42.0) |
| Two Miles | 9:10.0 (8:30.0) | 10:42.0 (10:02.0) | Two Miles-EE | 9:22.0 (8:42.0) | 11:02 (10:22) |
| 5000m | 14:40.0 (9:12.0) | 18:00.0 (11:00.0) | 110h/100h-EE | 14.6/14.84 | 14.6/14.84 |
| 110h/100h | 14.1/14.34 | 14.2/14.44 | 400h-EE | 55.2 (39.2) | 66.3 (44.3) |
| 400h | 54.3 (38.0) | 62.5 (43.5) | 4x100m-EE | 43.9/44.04 | 49.9/50.04 |
| 2000m Steeplechase | 6:15.0 (9:45.0) | 7:15.0 (10:50.0) | 4x200m-EE | 01:33.0 | 01:48.0 |
| Mile Walk | 8:45.0 (8:05.0) | 8:30.0 (7:50.0) | 4x400m-EE | 03:24.0 | 04:01.0 |
| 4x100m | 43.0/43.14 | 49.0/49.14 | 4x800m-EE | 08:03.0 | 09:44.0 |
| 4x200m | 01:31.5 | 01:46.0 | 800m Medley-EE | 01:44.0 | 02:02.0 |
| 4x400m | 03:21.0 | 03:58.0 | 1600m Medley-EE | 03:41.0 | 04:24.0 |
| 4x800m | 07:53.0 | 09:26.0 | Distance Medley-EE | 10:28.0 | 12:34.0 |
| 4x1 Mile | 17:40.0 | 21:20.0 | High Jump-EE | 1.93/6-04 | 1.60/5-03 |
| 800m Medley | 01:38.0 | 01:56.0 | Pole Vault-EE | 4.42/14-06 | 3.58/11-09 |
| 1600m Medley | 03:35.0 | 04:16.0 | Long Jump-EE | 6.73/22-01 | 5.49/18-00 |
| Distance Medley | 10:15.0 | 12:10.0 | Triple Jump-EE | 13.72/45-00 | 11.28/37-00.25 |
| Swedish Relay (100-200-300-400) | 01:57.0 | 02:15.0 | Shot Put-EE | 15.70/51-06.25 | 12.04/39-06 |
| Shuttle Hurdle Relay | 01:03.0 | 01:05.0 | Discus-EE | 47.25/155-00 | 37.80/124-00 |
| High Jump | 2.01/6-07 | 1.68/5-06 | Javelin-EE | 46.65/153-00 | 31.70/104-00 |
| Pole Vault | 4.66/15-03.5 | 3.68/12-00.75 | FRESHMAN ONLY EVENTS | | |
| Long Jump | 7.01/23-00 | 5.64/18-06 | Freshman 100m (FAT only) | 11.84 | 12.94 |
| Triple Jump | 14.17/46-06 | 11.63/38-02 | Freshman 400m | 53.0/53.14 | 60.0/60.14 |
| Shot Put | 16.94/55-07 | 12.80/42-00 | Freshman Mile | 4:33.0 (4:15.0) | 5:18.0 (4:58.0) |
| Discus | 51.82/170-00 | 41.14/135-00 | Freshman 2 Mile | 9:55.0 (9:15.0) | 11:35.0 (10:55.0) |
| Javelin | 54.86/180-00 | 36.58/120-00 | Freshman Long Jump | 5.84/19-02 | 4.80/15-9 |
| Decathlon/Heptathlon | 5,400 | 4,200 | Freshman Triple Jump | 11.73/38-06 | 9.14/30-00 |
| <i>When using season bests/PRs to qualify</i> | <i>5,800</i> | <i>4,500</i> | Jr High School Miler | 5:00.0 (4:42.0) | 5:30.0 (5:10.0) |

USATF Junior National Qualifying Standards

June 25th - June 28th - University of Oregon

Athletes Ages 19 & Under

| CHAMPIONSHIP EVENT | WOMEN | MEN |
|----------------------|----------|----------|
| 100m | 11.7 | 10.60 |
| 200m | 24 | 21.44 |
| 400m | 55.00 | 47.24 |
| 800m | 2:10.00 | 1:51.14 |
| 1500m | 4:34.00 | 3:53 |
| 1600m | 4:55.20 | 4:10.64 |
| One Mile | 4:57.00 | 4:12.14 |
| 3000m | 10:10.00 | |
| 3200m | 10:54.90 | |
| 5000m | 17:38.50 | 14:40.00 |
| 3000m | 10:08.00 | 8:31.00 |
| 3200m | 10:48.00 | 9:11.00 |
| 10000m | | 32:05.00 |
| 3000m | | 8:31.00 |
| 3200m | | 9:11.00 |
| 10000m Race Walk | 59:45.00 | 55:15.00 |
| 3000m Race Walk | 16:30.00 | 15:00.00 |
| 5000m Race Walk | 28:30.00 | 26:00.00 |
| 100/110mH | 14.04 | 14.20 |
| 400mH | 61.34 | 53.94 |
| 300mH | 42.75 | 37.60 |
| 3000mSC | 11:10.14 | 9:32.00 |
| 3000 meter | | 8:31.00 |
| 2000 meter SC | 7:25.00 | 6:07.00 |
| 3200 meter | | 9:11.00 |
| High Jump | 1.75m | 2.09 |
| Pole Vault | 4.00m | 5.08 |
| Long Jump | 6.00m | 7.18 |
| Triple Jump | 12.40m | 14.75 |
| Shot Put | 14.15m | 18.29m |
| Discus | 47.50m | 58.82m |
| Hammer | 51.00m | 59.00m |
| Javelin | 42.50m | 56.08m |
| Heptathlon/Decathlon | 4800 | 6750 |
| Pentathlon | 3800 | |

Conestoga Boys' & Girls' Outdoor Track & Field

Standards for Achieving a Varsity Letter

2015 Season:

1. Meet the following performance standards:

| EVENT | BOYS | GIRLS |
|--------------|---------|---------|
| 100m Dash | 11.5 | 13.3 |
| 100/110 H | 16.8 | 18.0 |
| 300m Hurdles | 45.0 | 52.5 |
| 200M | 23.9 | 28.0 |
| 400M | 53.5 | 65.0 |
| 800M | 2:05.5 | 2:35.0 |
| 1600m | 4:44.5 | 5:50.0 |
| 3200m | 10:30.0 | 13:00.0 |
| SHOT PUT | 39' 0" | 29' 0" |
| DISCUS | 113' 0" | 85' 0" |
| JAVELIN | 130' 0" | 80' 0" |
| HIGH JUMP | 5' 6" | 4' 8" |
| LONG JUMP | 19' 1" | 15' 5" |
| TRIPLE JUMP | 38' 0" | 31' 0" |
| POLE VAULT | 12' 0" | 7' 6" |



**subtract .24 from an FAT time to convert to hand time.*

(FYI: .xx means FAT timing was used, .x means hand time)

**Relay splits are eligible for these standards.*

2. Score at total of 10 points during C.L. meets.
3. Earn a medal in any meet, regardless of time. (excludes novice races)
5. Qualify for the Central League championship meet.
6. Seniors who participate in all home meets & remained in good standing for the entire outdoor season during 10th, 11th & 12th grades.