

# SCISA Track Qualifying Standards For the 2010 State Meet

## *Boys Standards*

## *Girls Standards*

<b>EVENT</b>	<b>2010 Qualifying Standard</b>	<b>EVENT</b>	<b>2010 Qualifying Standard</b>
High Jump	<b>5' 4"</b>	High Jump	<b>4' 6"</b>
Long Jump	<b>18' 0"</b>	Long Jump	<b>14' 2"</b>
Triple Jump	<b>36' 0"</b>	Triple Jump	<b>29' 6"</b>
Shot	<b>36' 6"</b>	Shot	<b>26' 0"</b>
Discus	<b>100' 0"</b>	Discus	<b>69' 0"</b>
Pole Vault	<b>9' 0"</b>	Pole Vault	<b>6' 6"</b>
100 M Dash	<b>11.8</b>	100 M Dash	<b>13.9</b>
200 M Dash	<b>24.5</b>	200 M Dash	<b>28.7</b>
400 M Run	<b>56.5</b>	400 M Run	<b>1:07</b>
800 M Run	<b>2:19</b>	800 M Run	<b>2:45</b>
1600 M Run	<b>5:20</b>	1600 M Run	<b>6:15</b>
3200 M Run	<b>11:45</b>	3200 M Run	<b>14:20</b>
110 Hurdles	<b>18.9</b>	100 Hurdles	<b>18.6</b>
400 Hurdles	<b>1:09</b>	400 Hurdles	<b>1:17</b>
4 x 100 Relay	<b>49.0</b>	4 x 100 Relay	<b>56.0</b>
4 x 400 Relay	<b>4:00</b>	4 x 400 Relay	<b>4:40</b>
4 x 800 Relay	<b>9:58</b>	4 x 800 Relay	<b>11:50</b>