

**N. C. TRACK & CROSS COUNTRY
COACHES ASSOCIATION
FOUNDED 2002**

**1A/2A Indoor Track Qualifying Standards
for the State Meet 2016**

	<u>Women</u>	<u>Men</u>
Shot Put	30' 0"	41' 0"
Long Jump	15' 0"	19' 6"
Triple Jump	31' 0"	39' 6"
High Jump	4' 6"	5' 8"
Pole Vault	7' 6"	10' 0"

	<u>Women</u> Hand-Held Standard	<u>Women</u> F. A. T. Standard	<u>Men</u> Hand-Held Standard	<u>Men</u> F. A. T. Standard
4 x 800 Relay	11:45	11:45.24	9:15.0	9:15.24
55M Hurdles	10.0	10.24	8.2	8.44
55M Dash	7.4	7.64	6.5	6.74
4 x 200 Relay	2:03.0	2:03.24	1:40.0	1:40.24
1600M Run	5:55.0	5:55.24	4:50.0	4:50.24
500M Run	1:29.0	1:29.24	1:11.0	1:11.24
1000M Run	3:30.0	3:30.24	2:50.0	2:50.24
300M Dash	45.0	45.24	37.3	37.54
3200M Run	13:15.0	13:15.24	10:40.0	10:40.24
4 x 400 Relay	4:40.0	4:40.24	3:49.0	3:49.24

<u>Wheelchair</u>	<u>Women</u>		<u>Men</u>	
Shot Put	6' 0"	6' 0"	8' 0"	8' 0"
55M Dash	26.0	26.24	23.0	23.24
<u>Amputee Above Knee</u>	<u>Women</u>		<u>Men</u>	
55-meter dash	9.9	10.14	9.0	9.24
300-meter dash	1:16.0	1:16.24	55.0	55.24
Long Jump	12' 7"	12' 7"	16' 0"	16' 0"
<u>Amputee Below Knee</u>	<u>Women</u>		<u>Men</u>	
55-meter dash	9.4	9.64	TBD	TBD
300-meter dash	54.4	54.64	TBD	TBD

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