

**N. C. Track & Cross Country
Coaches Association
Founded 2002**

**1A/2A Indoor Track Qualifying Standards
for the State Meet 2020**

	<u>Women</u>	<u>Men</u>
Shot Put	30' 6"	42' 0"
Long Jump	15' 2"	20' 0"
Triple Jump	31' 6"	40' 2"
High Jump	4' 8"	5' 10"
Pole Vault	8' 0"	10' 0"

	<u>Women Hand-Held Standard</u>	<u>Women F. A. T. Standard</u>	<u>Men Hand-Held Standard</u>	<u>Men F. A. T. Standard</u>
4 x 800 Relay	11:30.0	11:30.24	9:05.0	9:05.24
55M Hurdles	9.9	10.14	8.6	8.84
55M Dash	7.4	7.64	6.4	6.64
4 x 200 Relay	1:58.0	1:58.24	1:36.0	1:36.24
1600M Run	5:45.0	5:45.24	4:45.0	4:45.24
500M Run	1:27.0	1:27.24	1:10.0	1:10.24
1000M Run	3:25.0	3:25.24	2:48.0	2:48.24
300M Dash	44.0	44.24	37.3	37.54
3200M Run	12:30.0	12:30.24	10:30.0	10:30.24
4 x 400 Relay	4:40.0	4:40.24	3:47.0	3:47.24

<u>Wheelchair</u>	<u>Women HHT</u>	<u>Women FAT</u>	<u>Men HHT</u>	<u>Men FAT</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>				
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>				
55-meter dash	9.4	9.64	TBD	TBD
300-meter dash	54.4	54.64	TBD	TBD