

2015 Outdoor Track & Field Regional Qualifying Standards

	1A WOMEN		2A WOMEN		3A WOMEN		4A WOMEN	
Shot Put	30' 0"		32' 0"		32' 6"		33' 6"	
Discus Throw	90' 0"		92' 0"		98' 0"		100' 0"	
Long Jump	15' 0"		15' 6"		16' 0"		16' 6"	
Triple Jump	32' 0"		33' 6"		34' 6"		34' 6"	
High Jump	4' 10"		4' 10"		5' 0"		5' 0"	
Pole Vault	7' 6"		7' 6"		8' 6"		9' 0"	
	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>
4 x 800 Relay	11:10.0	11:10.24	10:50.0	10:50.24	10:30.0	10:30.24	10:15.0	10:15.24
100/110 Meter Hurdles	17.8	18.04	17.0	17.24	16.8	17.04	16.0	16.24
100 Meter Dash	13.3	13.54	13.0	13.24	12.8	13.04	12.5	12.74
4 x 200 Relay	1:54.0	1:54.24	1:51.0	1:51.24	1:50.0	1:50.24	1:48.0	1:48.24
1600 Meter Run	6:00.0	6:00.24	5:50.0	5:50.24	5:40.0	5:40.24	5:35.0	5:35.24
4 x 100 Relay	53.5	53.74	52.5	52.74	51.5	51.74	51.0	51.24
400 Meter Dash	1:05.0	1:05.24	1:03.5	1:03.74	1:01.5	1:01.74	1:01.0	1:01.24
300 Meter Hurdles	53.5	53.74	51.0	51.24	50.0	50.24	49.0	49.24
800 Meter Run	2:45.0	2:45.24	2:38.0	2:38.24	2:30.0	2:30.24	2:27.0	2:27.24
200 Meter Dash	27.5	27.74	27.0	27.24	26.5	26.74	26.0	26.24
3200 Meter Run	13:15.0	13:15.24	13:00.0	13:00.24	12:15.0	12:15.24	12:00.0	12:00.24
4 x 400 Relay	4:35.0	4:35.24	4:30.0	4:30.24	4:20.0	4:20.24	4:15.0	4:15.24

	1A MEN		2A MEN		3A MEN		4A MEN	
Shot Put	44' 0"		45' 0"		47' 0"		48' 0"	
Discus Throw	125' 0"		130' 0"		132' 0"		135' 0"	
Long Jump	20' 0"		21' 0"		21' 0"		21' 6"	
Triple Jump	41' 0"		42' 0"		43' 0"		44' 0"	
High Jump	6' 0"		6' 0"		6' 2"		6' 2"	
Pole Vault	10' 0"		11' 0"		12' 0"		12' 0"	
	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>	<b>Hand-Held</b>	<b>F.A.T</b>
4 x 800 Relay	9:00.0	9:00.24	8:50.0	8:50.24	8:35.0	8:35.24	8:25.0	8:25.24
100/110 Meter Hurdles	16.1	16.34	16.0	16.24	15.5	15.74	15.3	15.54
100 Meter Dash	11.3	11.54	11.3	11.54	11.1	11.34	10.9	11.14
4 x 200 Relay	1:34.0	1:34.24	1:33.0	1:33.24	1:32.0	1:32.24	1:31.0	1:31.24
1600 Meter Run	4:50.0	4:50.24	4:45.0	4:45.24	4:35.0	4:35.24	4:35.0	4:35.24
4 x 100 Relay	45.0	45.24	44.5	44.74	44.0	44.24	43.5	43.74
400 Meter Dash	53.5	53.74	52.5	52.74	50.8	51.04	50.5	50.74
300 Meter Hurdles	43.5	43.74	43.5	43.74	41.5	41.74	41.5	41.74
800 Meter Run	2:09.0	2:09.24	2:06.0	2:06.24	2:04.0	2:04.24	2:03.0	2:03.24
200 Meter Dash	23.8	24.04	23.0	23.24	22.5	22.74	22.4	22.64
3200 Meter Run	10:45.0	10:45.24	10:40.0	10:40.24	10:15.0	10:15.24	10:05.0	10:05.24
4 x 400 Relay	3:39.0	3:39.24	3:38.0	3:38.24	3:35.0	3:35.24	3:32.0	3:32.24

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NCTCCCA Board of Directors

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