

## 2017 Outdoor Track & Field Regional Qualifying Standards

1A WOMEN			2A WOMEN			3A WOMEN			4A WOMEN		
Shot Put	30' 0"		32' 0"		32' 6"		33' 6"		33' 6"		
Discus Throw	90' 0"		92' 0"		98' 0"		100' 0"		100' 0"		
Long Jump	15' 0"		15' 6"		16' 0"		16' 6"		16' 6"		
Triple Jump	32' 0"		33' 6"		34' 6"		34' 6"		34' 6"		
High Jump	4' 10"		4' 10"		5' 0"		5' 0"		5' 0"		
Pole Vault	7' 6"		7' 6"		8' 6"		9' 0"		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>	<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	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	16.0	16.24	
100 Meter Dash	13.3	13.54	12.9	13.14	12.7	12.94	12.4	12.64	12.4	12.64	
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	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	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	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	1:01.0	1:01.24	
300 Meter Hurdles	53.5	53.74	51.0	51.24	50.0	50.24	48.4	48.64	48.4	48.64	
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	2:27.0	2:27.24	
200 Meter Dash	27.5	27.74	27.0	27.24	26.5	26.74	25.6	25.84	25.6	25.84	
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	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	4:15.0	4:15.24	

1A MEN			2A MEN			3A MEN			4A MEN		
Shot Put	44' 0"		45' 0"		47' 0"		48' 0"		48' 0"		
Discus Throw	125' 0"		130' 0"		132' 0"		135' 0"		135' 0"		
Long Jump	20' 0"		21' 0"		21' 0"		21' 6"		21' 6"		
Triple Jump	41' 0"		42' 0"		43' 0"		44' 0"		44' 0"		
High Jump	6' 0"		6' 0"		6' 2"		6' 2"		6' 2"		
Pole Vault	10' 0"		11' 0"		12' 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>	<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	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	15.3	15.54	
100 Meter Dash	11.2	11.44	11.1	11.34	10.9	11.14	10.8	11.04	10.8	11.04	
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	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	4:35.0	4:35.24	
4 x 100 Relay	45.0	45.24	44.5	44.74	44.0	44.24	43.5	43.74	43.5	43.74	
400 Meter Dash	53.5	53.74	52.5	52.74	50.8	51.04	50.5	50.74	50.5	50.74	
300 Meter Hurdles	43.5	43.74	43.5	43.74	41.5	41.74	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	2:03.0	2:03.24	
200 Meter Dash	23.3	23.54	23.0	23.24	22.5	22.74	22.4	22.64	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	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	3:32.0	3:32.24	

Approved by the NCHSAA February 15, 2017

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Approved by the NCTCCA Board of Directors July 18, 2016

**\*The yellow highlight indicates a change from the previous standard.**