

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

**3A Indoor Track Qualifying Standards
for the State Meet 2016**

	<u>Women</u>	<u>Men</u>
High Jump	4' 10"	6' 0"
Pole Vault	9' 0"	11' 6"
Shot Put	30' 0"	44' 0"
Long Jump	15' 9"	20' 0"
Triple Jump	32' 0"	41' 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	10:55.0	10:55.24	8:50.0	8:50.24
55M Hurdles	9.5	9.74	7.9	8.14
55M Dash	7.3	7.54	6.4	6.64
4 x 200 Relay *	2:00.0	2:00.24	1:40.0	1:40.24
1600M Run	5:40.0	5:40.24	4:42.0	4:42.24
500M Run	1:24.0	1:24.24	1:09.8	1:10.04
1000M Run	3:20.0	3:20.24	2:44.0	2:44.24
300M Dash	43.5	43.74	36.8	37.04
3200M Run	12:25.0	12:25.24	10:15.0	10:15.24
4 x 400 Relay	4:26.0	4:26.24	3:37.0	3:37.24

<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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