

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

**4A Indoor Track Qualifying Standards
for the Indoor State Championship Meet 2022**

	<u>Women</u>	<u>Men</u>
Shot Put	32' 0	44' 3"
Long Jump	16' 5"	20' 6"
Triple Jump	33' 9"	41' 6"
High Jump	5' 0"	5' 11"
Pole Vault	9' 0"	11' 6"

	Women Hand-Held Standard	Women F. A. T. Standard	Men Hand-Held Standard	Men F. A. T. Standard
4 x 800 Relay	10:25.0	10:25.24	8:33.0	8:33.24
55M Hurdles	9.0	9.24	8.0	8.24
55M Dash	7.1	7.34	6.3	6.54
4 x 200 Relay	1:48.0	1:48.24	1:34.0	1:34.24
1600M Run	5:30.0	5:30.24	4:31.0	4:31.24
500M Run	1:22.0	1:22.24	1:08.5	1:08.74
1000M Run	3:11.5	3:11.74	2:38.5	2:38.74
300M Dash	42.5	42.74	35.7	35.94
3200M Run	11:48.0	11:48.24	9:48.0	9:48.24
4 x 400 Relay	4:16.0	4:16.24	3:36.0	3:36.24

<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