

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

**4A Indoor Track Qualifying Standards  
for the State Meet 2016**

	<u>Women</u>	<u>Men</u>
Shot Put	31' 6"	44' 6"
Long Jump	16' 6"	20' 6"
Triple Jump	34' 0"	42' 6"
High Jump	5' 0"	6' 0"
Pole Vault	9' 0"	11' 6"

	<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	10:38.0	10:38.24	8:35.0	8:35.24
55M Hurdles	9.0	9.24	7.8	8.04
55M Dash	7.1	7.34	6.3	6.54
4 x 200 Relay	1:50.0	1:50.24	1:36.0	1:36.24
1600M Run	5:30.0	5:30.24	4:35.0	4:35.24
500M Run	1:21.0	1:21.24	1:08.5	1:08.74
1000M Run	3:13.0	3:13.24	2:40.0	2:40.24
300M Dash	42.2	42.44	36.2	36.44
3200M Run	12:05.0	12:05.24	10:00.0	10:00.24
4 x 400 Relay	4:18.0	4:18.24	3:32.0	3:32.24

<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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