

2020 NCHSAA Regional Qualifying Standards

1A Girls

Shot	30' 1"
Discus	90' 0"
LJ	15' 0"
TJ	32' 0"
HJ	4' 10"
PV	7' 6"

2A Girls

Shot	32' 0"
Discus	92' 0"
LJ	15' 6"
TJ	33' 6"
HJ	4' 10"
PV	8' 0"

3A Girls

Shot	32' 6"
Discus	98' 0"
LJ	16' 0"
TJ	34' 6"
HJ	5' 0"
PV	8' 6"

4A Girls

Shot	33' 6"
Discus	100' 0"
LJ	16' 6"
TJ	34' 6"
HJ	5' 0"
PV	9' 0"

Hand-Held F.A.T.

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4x800	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 HH	17.8	18.04		17.0	17.24		16.8	17.04		16.0	16.24
100 M	13.0	13.24		12.9	13.14		12.3	12.54		12.3	12.54
4x200	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 M	6:00.0	6:00.24		5:50.0	5:50.24		5:40.0	5:40.24		5:35.0	5:35.24
4x100	53.5	53.74		52.5	52.74		51.5	51.74		51.0	51.24
400 M	1:05.0	1:05.24		1:03.5	1:03.74		1:00.0	1:00.24		1:00.0	1:00.24
300 H	53.5	53.74		51.0	51.24		50.0	50.24		48.5	48.74
800 M	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 M	27.5	27.74		27.0	27.24		25.3	25.54		25.3	25.54
3200 M	13:15.0	13:15.24		13:00.0	13:00.24		12:15.0	12:15.24		12:00.0	12:00.24
4x400	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 Boys

Shot	44' 0"
Discus	125' 0"
LJ	20' 0"
TJ	41' 0"
HJ	6' 0"
PV	10' 0"

2A Boys

Shot	45' 0"
Discus	130' 0"
LJ	21' 0"
TJ	42' 0"
HJ	6' 0"
PV	11' 0"

3A Boys

Shot	47' 0"
Discus	132' 0"
LJ	21' 0"
TJ	43' 0"
HJ	6' 2"
PV	12' 0"

4A Boys

Shot	48' 0"
Discus	135' 0"
LJ	21' 6"
TJ	44' 0"
HJ	6' 2"
PV	12' 0"

Hand-Held F.A.T.

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Hand-Held F.A.T.

4x800	9:00.0	9:00.24		8:50.0	8:50.24		8:35.0	8:35.24		8:25.0	8:25.24
110 HH	16.1	16.34		15.9	16.14		15.5	15.74		15.3	15.54
100 M	11.0	11.24		11.0	11.24		10.7	10.94		10.6	10.84
4x200	1:34.0	1:34.24		1:32.5	1:32.74		1:32.0	1:32.24		1:31.0	1:31.24
1600 M	4:50.0	4:50.24		4:45.0	4:45.24		4:35.0	4:35.24		4:35.0	4:35.24
4x100	45.0	45.24		44.5	44.74		43.8	44.04		43.5	43.74
400 M	53.5	53.74		52.5	52.74		50.5	50.74		50.5	50.74
300 H	43.5	43.74		42.0	42.24		41.5	41.74		41.5	41.74
800 M	2:09.0	2:09.24		2:05.0	2:05.24		2:01.0	2:01.24		2:01.0	2:01.24
200 M	23.3	23.54		22.9	23.14		22.0	22.24		22.0	22.24
3200 M	10:45.0	10:45.24		10:37.0	10:37.24		10:09.0	10:09.24		10:05.0	10:05.24
4x400	3:39.0	3:39.24		3:38.0	3:38.24		3:34.0	3:34.24		3:32.0	3:32.24