

## 2019 NCHSAA Regional Qualifying Standards

### 1A Girls

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

### 2A Girls

32' 0"
92' 0"
15' 6"
33' 6"
4' 10"
8' 0"

### 3A Girls

32' 6"
98' 0"
16' 0"
34' 6"
5' 0"
8' 6"

### 4A Girls

33' 6"
100' 0"
16' 6"
34' 6"
5' 0"
9' 0"

#### Hand-Held F.A.T.

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<b>4x800</b>	11:10.0	11:10.24		10:50.0	10:50.24		10:30.0	10:30.24		10:15.0	10:15.24
<b>100 HH</b>	17.8	18.04		17.0	17.24		16.8	17.04		16.0	16.24
<b>100 M</b>	13.0	13.24		12.9	13.14		12.3	12.54		12.3	12.54
<b>4x200</b>	1:54.0	1:54.24		1:51.0	1:51.24		1:50.0	1:50.24		1:48.0	1:48.24
<b>1600 M</b>	6:00.0	6:00.24		5:50.0	5:50.24		5:40.0	5:40.24		5:35.0	5:35.24
<b>4x100</b>	53.5	53.74		52.5	52.74		51.5	51.74		51.0	51.24
<b>400 M</b>	1:05.0	1:05.24		1:03.5	1:03.74		1:00.0	1:00.24		1:00.0	1:00.24
<b>300 H</b>	53.5	53.74		51.0	51.24		50.0	50.24		48.5	48.74
<b>800 M</b>	2:45.0	2:45.24		2:38.0	2:38.24		2:30.0	2:30.24		2:27.0	2:27.24
<b>200 M</b>	27.5	27.74		27.0	27.24		25.3	25.54		25.3	25.54
<b>3200 M</b>	13:15.0	13:15.24		13:00.0	13:00.24		12:15.0	12:15.24		12:00.0	12:00.24
<b>4x400</b>	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

<b>Shot</b>	44' 0"
<b>Discus</b>	125' 0"
<b>LJ</b>	20' 0"
<b>TJ</b>	41' 0"
<b>HJ</b>	6' 0"
<b>PV</b>	10' 0"

### 2A Boys

45' 0"
130' 0"
21' 0"
42' 0"
6' 0"
11' 0"

### 3A Boys

47' 0"
132' 0"
21' 0"
43' 0"
6' 2"
12' 0"

### 4A Boys

48' 0"
135' 0"
21' 6"
44' 0"
6' 2"
12' 0"

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<b>4x800</b>	9:00.0	9:00.24		8:50.0	8:50.24		8:35.0	8:35.24		8:25.0	8:25.24
<b>110 HH</b>	16.1	16.34		15.9	16.14		15.5	15.74		15.3	15.54
<b>100 M</b>	11.0	11.24		11.0	11.24		10.7	10.94		10.6	10.84
<b>4x200</b>	1:34.0	1:34.24		1:32.5	1:32.74		1:32.0	1:32.24		1:31.0	1:31.24
<b>1600 M</b>	4:50.0	4:50.24		4:45.0	4:45.24		4:35.0	4:35.24		4:35.0	4:35.24
<b>4x100</b>	45.0	45.24		44.5	44.74		43.8	44.04		43.5	43.74
<b>400 M</b>	53.5	53.74		52.5	52.74		50.5	50.74		50.5	50.74
<b>300 H</b>	43.5	43.74		42.0	42.24		41.5	41.74		41.5	41.74
<b>800 M</b>	2:09.0	2:08.24		2:05.0	2:05.24		2:01.0	2:01.24		2:01.0	2:01.24
<b>200 M</b>	23.3	23.54		22.9	23.14		22.0	22.24		22.0	22.24
<b>3200 M</b>	10:45.0	10:45.24		10:37.0	10:37.24		10:09.0	10:09.24		10:05.0	10:05.24
<b>4x400</b>	3:39.0	3:39.24		3:38.0	3:38.24		3:34.0	3:34.24		3:32.0	3:32.24