

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

4A Indoor Track Qualifying Standards for the State Meet 2015

	Women Hand-Held Standard	Women F. A. T. Standard	Men Hand-Held Standard	Men F. A. T. Standard
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"	
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	1:33.0	1:33.24
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>Above-the-knee Amputee</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 ½"	12' 7 ½"	12' 7 ½"	12' 7 ½"

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Revised September 26, 2014

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