

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

**1A/2A Indoor Track Qualifying Standards
for the State Meet 2014**

	Men Indoor Standard	Men Outdoor Standard	Ladies Indoor Standard	Ladies Outdoor Standard
Shot Put	42' 6"	42' 6"	30' 6"	30' 6"
Long Jump	20' 0"	20' 0"	15' 0"	15' 0"
Triple Jump	41' 0"	41' 0"	33' 0"	33' 0"
High Jump	5' 10"	5' 10"	4' 8"	4' 8"
Pole Vault	11' 6"	11' 6"	8' 6"	8' 6"
4 x 800 Relay	9:15.0	9:15.0	11:30.0	11:30.0
55M Hurdles	8.14	7.9	9.74	9.5
55M Dash	6.74	6.5	7.54	7.3
1600M Run	4:50.0	4:50.0	5:50.0	5:50.0
500M Run	1:11.0	1:11.0	1:27.0	1:27.0
1000M Run	2:50.0	2:50.0	3:25.0	3:25.0
300M Dash	37.3	37.3	43.5	43.5
3200M Run	10:30.0	10:30.0	12:50.0	12:50.0
4 x 400 Relay	3:40.0	3:40.0	4:30.0	4:30.0
Wheelchair Shot Put	6' 0"	6' 0"	4' 0"	4' 0"
Wheelchair 55M Dash	25.0	25.0	28.0	28.0

Approved by the NCTCCCA Board of Directors November 22, 2013

Submitted to the NCHSAA November 22, 2013