

2023 NCHSAA Regional Qualifying Standards

Shot	1A Girls		2A Girls		3A Girls		4A Girls	
	HAND	F.A.T.	HAND	F.A.T.	HAND	F.A.T.	HAND	F.A.T.
Shot	30'1		32'0		32'6		33'6	
Discus	90'0		92'0		98'0		100'0	
LJ	15'0		15'6		16'0		16'6	
TJ	32'0		33'6		34'6		34'6	
HJ	4'10		4'10		5'0		5'0	
PV	7'6		8'0		8'6		9'0	
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	5:19.0	5:19.24
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	2:23.0	2:23.24
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

Shot	1A Boys		2A Boys		3A Boys		4A Boys	
	HAND	F.A.T.	HAND	F.A.T.	HAND	F.A.T.	HAND	F.A.T.
Shot	44'0		45'0		47'0		48'0	
Discus	125'0		130'0		132'0		135'0	
LJ	20'0		21'0		21'0		21'6	
TJ	41'0		42'0		43'0		44'0	
HJ	6'0		6'0		6'2		6'2	
PV	10'0		11'0		12'0		12'0	
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	4:26.0	4:26.24
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	2:05.5	2:05.74	2:01.0	2:01.24	1:58.0	1:58.24
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	9:43.0	9:43.24
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

Approved by the NCTCCCA Board of Directors July 11, 2022

Submitted to the NCHSAA November, 2022