2025 NCHSAA Regional Qualifying Standards

	1A Girls		2A Girls		3A Girls		4A Girls	
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	
	HAND	**F.A.T.**	**HAND**	**F.A.T.**	**HAND**	**F.A.T.**	**HAND**	**F.A.T.**
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

	1A Boys		2A Boys		3A Boys		4A Boys	
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	
	HAND	F.A.T.	HAND	F.A.T.	HAND	F.A.T.	HAND	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	4:26.0	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 15, 2024
Submitted to the NCHSAA February, 2025