

# 4A Indoor Track & Field State Meet Qualifying Standards 2023-2024

	Girls	Boys
Shot Put	32'6	46'0"
Long Jump	17'0"	21'0
Triple Jump	34'6	42'0"
High Jump	5'0"	6'0"
Pole Vault	10'0"	12'0"
Wheelchair SP	6'0"	8'0"

Event	Girls			Boys		
	Polar Bear/Banked		Flat 200m	Polar Bear/Banked		Flat 200m
	HHT	FAT	FAT	HHT	FAT	FAT
<b>4x800 Relay</b>	10:10.0	10:10.24	10:17.74	8:20.0	8:20.24	8:27.74
<b>55m Hurdles</b>	8.5	8.74	8.74	7.8	8.04	8.04
<b>55m Dash</b>	7.2	7.44	7.44	6.3	6.54	6.54
<b>4x200 Relay</b>	1:46.0	1:46.24	1:47.99	1:32.0	1:32.24	1:33.94
<b>1600m</b>	5:17.0	5:17.24	5:20.49	4:26.0	4:26.24	4:29.74
<b>500m</b>	1:20.0	1:20.24	1:21.29	1:07.0	1:07.24	1:08.30
<b>1000m</b>	3:04.0	3:04.24	3:06.39	2:36.0	2:36.24	2:38.44
<b>300m</b>	41.2	41.44	42.06	35.4	35.64	36.26
<b>3200m</b>	11:25.0	11:25.24	11:31.34	9:35.0	9:35.24	9:42.04
<b>4x400 Relay</b>	4:10.0	4:10.24	4:13.74	3:32.0	3:32.24	3:35.74
<b>WHEELCHAIR</b>						
<b>55m Dash</b>	26.0	26.24	26.24	23.0	23.24	23.24
<b>AMPUTEE ABOVE KNEE</b>						
<b>55m Dash</b>	9.9	10.14	10.14	9.0	9.24	9.24
<b>300m</b>	1:16.0	1:16.24	1:16.86	55.0	55.24	55.86
<b>AMPUTEE BELOW KNEE</b>						
<b>55m Dash</b>	9.4	9.64	9.64	TBA	TBA	TBA
<b>300m</b>	54.4	54.64	55.26	TBA	TBA	TBA

***\*\*The NCHSAA approved conversions for state qualifying marks achieved on an indoor flat track for seeding purposes. The below conversions will be done by Meet Management prior to the State Championships first published performance list\*\*\****

	<u>Girls</u>		<u>Boys</u>
Event	Conversion	Event	Conversion
300 M	-0.62	300 M	-0.62
500 M	-1.05	500 M	-1.06
1000 M	-2.15	1000 M	-2.20
1600 M	-3.25	1600 M	-3.50
3200 M	-6.10	3200 M	-6.80
4X200 M	-1.75	4X200 M	-1.70
4X400 M	-3.50	4X400 M	-3.50
4X800 M	-7.50	4X800 M	-7.50

*Standard adopted approved July 2023*