

2024 NCHSAA Regional Qualifying Standards

	1A Girls		2A Girls		3A Girls		4A Girls					
	Shot	Discus	LJ	TJ	HJ	PV	Shot	Discus	LJ	TJ	HJ	PV
	30'1	90'0	15'0	32'0	4'10	7'6	32'0	92'0	15'6	33'6	4'10	8'0
	32'6	98'0	16'0	34'6	5'0	8'6	32'6	98'0	16'0	34'6	5'0	8'6
	33'6	100'0	16'6	34'6	5'0	9'0	33'6	100'0	16'6	34'6	5'0	9'0
	HAND	F.A.T.	HAND	F.A.T.	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	Discus	LJ	TJ	HJ	PV	Shot	Discus	LJ	TJ	HJ	PV
	44'0	125'0	20'0	41'0	6'0	10'0	45'0	130'0	21'0	42'0	6'0	11'0
	47'0	132'0	21'0	43'0	6'2	12'0	47'0	132'0	21'0	43'0	6'2	12'0
	48'0	135'0	21'6	44'0	6'2	12'0	48'0	135'0	21'6	44'0	6'2	12'0
	HAND	F.A.T.	HAND	F.A.T.	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 NCTCCA Board of Directors July 11, 2022
Submitted to the NCHSAA November, 2022