

# HHSAA Track and Field Standards for 2013

## BOYS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	149-00	123-10
Shot Put	47-05.25	41-08.50
Long Jump	21-07.25	20-00.75
Triple Jump	42-03.25	39.10.50
High Jump	6-00	5-08
Pole Vault	13-00	12-00

<u>Running Event</u>	<u>Electronic Time Standards (F.A.T.)</u>		<u>Hand Time Standards</u>	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110m Hurdles	15.64	16.84	15.4h	16.6h
100m Dash	11.14	11.44	10.9h	11.2h
1500m Run	4:17.34	4:30.64	4:17.1h	4:30.4h
4 x 100m Relay	44.14	46.84	43.9h	46.6h
400m Dash	51.54	53.94	51.3h	53.7h
300m Hurdles	41.64	44.24	41.4h	44.0h
800m Run	2:01.74	2:09.14	2:01.5h	2:08.9h
200m Dash	22.74	23.44	22.5h	23.2h
3000m Run	9:37.54	10:11.74	9:37.3h	10:11.5h
4 x 400m Relay	3:32.54	3:46.84	3:32.3h	3:46.6h

## GIRLS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	123-06	91-10
Shot Put	38-00.0	31-05.75
Long Jump	16-05.50	15-06.00
Triple Jump	33-05.25	31-08.50
High Jump	5-00	4-08
Pole Vault	9-06	7-06

<u>Running Event</u>	<u>Electronic Time Standards (F.A.T.)</u>		<u>Hand Time Standards</u>	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100m Hurdles	16.24	17.74	16.0h	17.5h
100m Dash	12.74	13.24	12.5h	13.0h
1500m Run	4:58.74	5:29.14	4:58.5h	5:28.9h
4 x 100m Relay	51.54	55.44	51.3h	55.2h
400m Dash	1:00.34	1:04.04	1:00.1h	1:03.8h
300m Hurdles	47.94	51.84	47.7h	51.6h
800m Run	2:24.84	2:34.94	2:24.6h	2:34.7h
200m Dash	26.64	27.84	26.4h	27.6h
3000m Run	11:09.74	12:19.94	11:09.5h	12:19.7h
4 x 400m Relay	4:17.44	4:43.14	4:17.2h	4:42.9h