

HHSAA Track and Field Standards for 2011

BOYS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	149-00	136-01
Shot Put	47-05.25	41-08.25
Long Jump	21-00.25	19-10.50
Triple Jump	43-03.00	40-05.50
High Jump	6-00	5-08
Pole Vault	13-00	11-06

Electronic Time Standards (F.A.T.)

<u>Running Event</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110m Hurdles	15.74	16.64
100m Dash	11.14	11.44
1500m Run	4:19.64	4:29.94
4 x 100m Relay	44.04	45.94
400m Dash	51.34	53.34
300m Hurdles	41.64	44.04
800m Run	2:05.04	2:09.64
200m Dash	22.74	23.44
3000m Run	9:41.44	10:08.24
4 x 400m Relay	3:33.64	3:41.84

Hand Time Standards

<u>Auto Standard</u>	<u>Cons Standard</u>
15.5h	16.4h
10.9h	11.2h
4:19.4h	4:29.7h
43.8h	45.7h
51.1h	53.1h
41.4h	43.8h
2:04.8h	2:09.4h
22.5h	23.2h
9:41.2h	10:08.0h
3:33.4h	3:41.6h

GIRLS STANDARDS

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	113-06	96-06
Shot Put	35-05.75	31-02.75
Long Jump	16-05.50	15-04.00
Triple Jump	34-05.75	32-04.00
High Jump	5-00	4-10
Pole Vault	9-00	7-6

Electronic Time Standards (F.A.T.)

<u>Running Event</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100m Hurdles	16.64	17.64
100m Dash	12.94	13.24
1500m Run	5:08.34	5:26.24
4 x 100m Relay	51.84	54.44
400m Dash	1:01.24	1:04.64
300m Hurdles	48.94	51.94
800m Run	2:27.44	2:36.24
200m Dash	26.64	27.64
3000m Run	11:26.04	12:11.94
4 x 400m Relay	4:19.94	4:35.84

Hand Time Standards

<u>Auto Standard</u>	<u>Cons Standard</u>
16.4h	17.4h
12.7h	13.0h
5:08.1h	5:26.0h
51.6h	54.2h
1:01.0h	1:04.4h
48.7h	51.7h
2:27.2h	2:36.0h
26.4h	27.4h
11:25.8h	12:11.7h
4:19.7h	4:35.6h