

BOYS' QUALIFYING STANDARDS – 2010

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4 *	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
55M Hurdles	8.44	8.2	8.54	8.3	8.54	8.3	8.74	8.5
50Y Hurdles	6.84	6.6	7.14	6.9	7.24	7.0	7.54	7.3
55M Dash	6.94	6.7	6.94	6.7	6.94	6.7	7.04	6.8
50Y Dash	5.84	5.6	5.84	5.6	5.84	5.6	6.04	5.8
300 Meter	37.94	37.7	38.94	38.7	38.74	38.5	39.74	39.5
300 Yard	33.84	33.6	35.24	35.0	36.24	36.0	36.44	36.2
600 Meter	1:28.24	1:28.0	1:30.24	1:30.0	1:29.44	1:29.2	1:32.64	1:32.4
600 Yard	1:18.24	1:18.0	1:20.24	1:20.0	1:22.74	1:22.5	1:22.64	1:22.4
1000 Meter	2:44.74	2:44.5	2:49.04	2:48.8	2:49.24	2:49.0	2:55.24	2:55.0
1000 Yard	2:30.24	2:30.0	2:32.24	2:32.0	2:33.24	2:33.0	2:38.24	2:38.0
One-Mile	4:43.24	4:43.0	4:51.24	4:51.0	4:51.24	4:51.0	4:56.74	4:56.50
Two-Mile	10:10.24	10:10.0	10:20.24	10:20.0	10:30.24	10:30.0	10:42.24	10:42.0
Shot Put	44' 0"		45' 0"		43' 0"		40' 10"	
High Jump	5' 10"		5' 10"		5' 10"		5' 9"	
Long Jump	19' 6"		19' 0"		18' 9"		18' 6"	
4x200M Relay	1:39.24	1:39.0	1:38.24	1:38.0	1:39.04	1:38.8	1:43.24	1:43.0
4x400M Relay	3:44.84	3:44.6	3:43.24	3:43.0	3:45.24	3:45.0	3:52.24	3:52.0
4x800M Relay	8:37.24	8:37.0	8:45.24	8:45.0	8:51.24	8:51.0	9:12.24	9:12.0

GIRLS' QUALIFYING STANDARDS - 2010

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4*	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
55M Hurdles	9.64	9.4	9.64	9.4	9.74	9.5	9.74	9.5
50Y Hurdles	8.04	7.8	8.04	7.8	7.94	7.7	8.14	7.9
55M Dash	7.74	7.5	7.84	7.6	7.74	7.5	7.84	7.6
50Y Dash	6.54	6.3	6.44	6.2	6.44	6.2	6.54	6.3
300 Meter	44.94	44.7	45.74	45.50	44.94	44.7	46.74	46.50
300 Yard	40.94	40.7	41.74	41.50	41.24	41.0	42.54	42.30
600 Meter	1:47.24	1:47.0	1:47.24	1:47.0	1:46.74	1:46.5	1:50.24	1:50.0
600 Yard	1:37.54	1:37.3	1:37.24	1:37.0	1:39.04	1:38.8	1:39.74	1:39.50
1000 Meter	3:20.24	3:20.0	3:23.24	3:23.0	3:20.24	3:20.0	3:28.94	3:28.70
1000 Yard	3:02.84	3:02.6	3:03.24	3:03.0	3:05.24	3:05.0	3:07.24	3:07.0
One-Mile	5:45.24	5:45.0	5:50.24	5:50.0	5:48.24	5:48.0	5:55.24	5:55.0
Two-Mile	12:28.24	12:28.0	12:43.24	12:43.0	12:35.24	12:35.0	12:55.24	12:55.0
Shot Put	30' 6"		30' 0"		31' 6"		28" 6"	
High Jump	4' 11"		4' 11"		5' 0"		4' 10"	
Long Jump	15' 3"		15' 6"		15' 3"		14' 9"	
4x200M Relay	1:57.24	1:57.0	1:55.24	1:55.0	1:55.74	1:55.5	1:59.24	1:59.0
4x400M Relay	4:34.84	4:34.6	4:30.24	4:30.0	4:31.74	4:31.5	4:45.14	4:44.90
4x800M Relay	10:40.24	10:40.0	10:40.24	10:40.0	10:43.24	10:43.0	10:57.24	10:57.0

***DIVISION 4: (this will be eliminated for 2010-11 season – must then use 55m times)**

BOYS:	45 YARD(HAND)	DASH: 5.3	HURDLES: 6.5
GIRLS:	45 YARD(HAND)	DASH: 6.0	HURDLES: 7.5