

WIAA DISTRICTS 3 & 4

3A TRACK & FIELD

2010 AUTOMATIC QUALIFYING STANDARDS

Submitted by Joel Wingard and Joe Clark and

Adopted by the WCD Board

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] The standard is the average of the marks for the 4th place qualifier to Star Track from the WCD meet over the last five (5) years (2005-2009);
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- D] And the terms 'finals' and 'FAT' will be used as defined in the Federation and WIAA rule books.

BOYS

100m	11.37*	[11.40, 11.38, 11.52, 11.19, 11.36]**
200m	23.12	[23.35, 23.31, 23.41, 22.86, 22.68]
400m	51.19	[51.51, 52.24, 51.44, 49.84, 50.91]
800m	1:59.91	[2:01.71, 1:59.20, 2:00.43, 1:58.98, 1:59.21]
1600m	4:27.32	[4:31.57, 4:29.77, 4:27.45, 4:21.54, 4:26.29]
3200m	9:39.09	[9:58.99, 9:36.22, 9:26.81, 9:35.41, 9:38.00]
110m HH	15:70	[15.92, 15.53, 15.97, 15.79, 15.30]
300m IH	40.55	[41.73, 40.09, 40.60, 40.56, 39.75]
4 x 100m	43.75	[44.44, 43.91, 43.74, 42.98, 43.69]
4 x 400m	3:29.88	[3:30.30, 3:29.93, 3:27.76, 3:32.26, 3:29.13]
High Jump	6'1"	[6'1", 6'0", 6'0", 6'0", 6'02"]
Pole Vault	12'10"	[12'0", 12'0", 13'6", 13'6", 13'0"]
Long Jump	21' 2.75"	[21'2", 20'0.75", 21'10", 22'0.25", 21'0.75"]
Triple Jump	43'8"	[43'11", 43'1.5", 44'1.75", 42'9.25", 44'4.5"]
Shot Put	50'4"	[48'0", 49'0", 50'7.5", 50'10.5", 53'3"]
Discus Throw	145'3"	[135'3", 143'8", 143'11", 146'11", 156'9"]
Javelin Throw	171'4"	[170'9", 162'5", 170'11", 177'6", 175'2"]

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GIRLS

100m	12.99*	[12.94, 13.19, 13.32, 12.61, 12.90]**
200m	26.72	[26.72, 26.87, 26.76, 26.60, 26.63]
400m	60.62	[61.95, 60.86, 60.10, 59.78, 60.42]
800m	2:24.05	[2:24.44, 2:28.52, 2:23.75, 2:23.50, 2:20.03]
1600m	5:22.68	[5:38.27, 5:19.37, 5:14.02, 5:23.31, 5:18.45]
3200m	11:37.43	[11:58.93, 11:29.43, 11:24.25, 11:36.78, 11:37.78]
100m HH	16.30	[16.02, 15.72, 17.95, 16.26, 15.56]
300m IH	47.49	[48.18, 47.00, 47.96, 46.91, 47.41]
4 x 100m	50.68	[51.47, 50.81, 50.38, 50.07, 50.67]
4 x 200m	1:48.02	[1:48.99, 1:47.38, 1:48.09, 1:48.22, 1:47.41]
4 x 400m	4:13.46	[4:19.79, 4:16.57, 4:10.20, 4:10.03, 4:10.69]
High Jump	4'11"	[4'8", 4'10", 4'10", 5'0", 5'1"]
Pole Vault	9'3"	[8'6", 9'0", 9'6", 9'9", 9'6"]
Long Jump	15'10.5"	[15'8.75", 15'6.5", 15'11.5", 16'2.75", 15'11.5"]
Triple Jump	34'4.25"	[33'11", 33'10.75", 33'4.5", 35'7.25, 35'0.25"]
Shot Put	36'4.5"	[35'6", 36'1", 36'3", 36'3", 37'9.5"]
Discus Throw	111'0"	[109'5", 103'1", 113'9", 113'9", 115'1"]
Javelin Throw	112'6"	[110'10", 104'0", 117'2", 117'4", 113'2"]

* average of past 5 years state qualifying 4th place marks

**4th place qualifying mark in WCD meets from 2005 to 2009