

WIAA DISTRICTS 3 & 4

3A TRACK & FIELD

2011 AUTOMATIC QUALIFYING STANDARDS

Submitted by Joel Wingard and Joe Clark and

Adopted* by the WCD Board (*pending 4/25/11 meeting)

- 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 (2006-2010);
- 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	11.40*	[11.38, 11.52, 11.19, 11.36, 11.57]
200m	23.04	[23.31, 23.41, 22.86, 22.68, 22.92]
400m	51.12	[52.24, 51.44, 49.84, 50.91, 51.19]
800m	1:59.39	[1:59.20, 2:00.43, 1:58.98, 1:59.21, 1:59.14]
1600m	4:26.16	[4:29.77, 4:27.45, 4:21.54, 4:26.29, 4:25.77]
3200m	9:33.86	[9:36.22, 9:26.81, 9:35.41, 9:38.0, 9:32.87]
110m HH	15:64	[15.53, 15.97, 15.79, 15.30, 15.59]
300m IH	40.35	[40.09, 40.60, 40.56, 39.75, 40.77]
4 x 100m	43.64	[43.91, 43.74, 42.98, 43.69, 43.89]
4 x 400m	3:29.54	[3:29.93, 3:27.76, 3:32.26, 3:29.13, 3:28.61]
High Jump	6'0"	[6'0", 6'0", 6'0", 6' 2", 6' 0"]
Pole Vault	13'1"	[12'0", 13'6", 13'6", 13' 0", 13' 6"]
Long Jump	21'2.75"	[20'0.75", 21' 10", 22'0.25", 21'0.75, 21'2.25"]
Triple Jump	44'0.75"	[43' 1.5", 44' 1.75", 42'9.25, 44'4.5", 45' 11.75"]
Shot Put	50'7.5"	[49'0", 50'7.5", 50'10.5", 53'3", 49'5.25"]
Discus Throw	148'6"	[143'8", 143'11", 146'7", 156'9", 151'11"]
Javelin Throw	171'8"	[162'5", 170'11", 177'6", 175'2", 172'4"]

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GIRLS

100m	13.05*	[13.19, 13.32, 12.61, 12.90, 13.22]
200m	26.65	[26.87, 26.76, 26.60, 26.63, 26.41]
400m	60.15	[60.86, 60.10, 59.78, 60.42, 59.58]
800m	2:23.15	[2:28.52, 2:23.75, 2:23.50, 2:20.03, 2:19.96]
1600m	5:17.54	[5:19.37, 5:14.02, 5:23.31, 5:18.45, 5:12.55]
3200m	11:27.39	[11:29.43, 11:24.25, 11:36.78, 11:37.78, 11:08.73]
100m HH	16.34	[15.72, 17.95, 16.26, 15.56, 16.21]
300m IH	47.08	[47.00, 47.96, 46.91, 47.41, 46.13]
4 x 100m	50.46	[50.81, 50.38, 50.07, 50.67, 50.38]
4 x 200m	1:47.46	[1:47.38, 1:48.09, 1:48.22, 1:47.41, 1:46.21]
4 x 400m	4:11.11	[4:16.57, 4:10.20, 4:10.03, 4:10.69, 4:08.06]
High Jump	4'11"	[4'10", 4'10", 5'0", 5'1", 5'0"]
Pole Vault	9'6"	[9'0", 9'6", 9'9", 9'6", 9'9"]
Long Jump	15'11.25"	[15'6.5", 15'11.5", 16'2.75", 15'11.5", 16'0.75"]
Triple Jump	34'6.25"	[33'10.75", 33'4.5", 35'7.25", 35'0.25", 34'8.5"]
Shot Put	36'8.25"	[36'1", 36'3", 36'3", 37'9.5", 37'1"]
Discus Throw	111'7"	[103'1", 113'9", 113'9", 115'1", 112'3"]
Javelin Throw	113'10"	[104'0", 117'2", 117'4", 113'2", 117'5"]

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