

## WIAA DISTRICTS 3

### 4A TRACK & FIELD

#### 2010 AUTOMATIC QUALIFYING STANDARDS

Submitted by Joel Wingard and Joe Clark

Adopted by WCD Executive 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 4<sup>th</sup> 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	11.24*	[11.23, 11.15, 11.54, 11.21, 11.06]**
200m	22.84	[22.82, 22.43, 23.25, 23.08, 22.63]
400m	50.37	[50.09, 49.69, 50.54, 50.83, 50.70]
800m	1:57.66	[1:57.72, 1:56.61, 1:58.23, 1:58.92, 1:56.81]
1600m	4:21.30	[4:21.35, 4:22.37, 4:20.36, 4:23.65, 4:18.78]
3200m	9:27.57	[9:27.42, 9:20.32, 9:27.61, 9:29.06, 9:33.41]
110m HH	15.10	[15.00, 15.13, 15.28, 15.18, 14.91]
300m IH	40.23	[40.30, 39.60, 40.68, 40.46, 40.13]
4 x 100m	43.41	[43.39, 43.29, 43.80, 43.40, 43.18]
4 x 400m	3:26.41	[3:26.72, 3:25.58, 3:26.54, 3:27.37, 3:25.85]
High Jump	6'3"	[6'3", 6'3", 6'1", 6'4", 6'4"]
Pole Vault	12'11"	[13'3", 13'3", 13'0", 12'6", 12'9"]
Long Jump	21'8.25"	[21'0.25", 21'1", 21'4", 21'10.75", 23'2.25"]
Triple Jump	44'4.25"	[45'2", 45'0.75", 44'5.25", 44'1", 43'0.25"]
Shot Put	52'3.25"	[53'10.5", 53'0.25", 53'2", 48'7.75", 52'8.75"]
Discus Throw	151'3"	[157'6", 160'1", 145'7", 146'3", 146'10"]
Javelin Throw	167'9"	[172'6", 163'9", 157'6", 169'0", 176'0"]

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### GIRLS

100m	12.71*	[12.55, 12.76, 13.29, 12.52, 12.45]**
200m	26.02	[26.11, 25.84, 26.41, 25.94, 25.82]
400m	58.99	[59.81, 58.63, 59.48, 58.65, 58.39]
800m	2:18.72	[2:18.85, 2:18.63, 2:20.59, 2:17.05, 2:18.50]
1600m	5:08.81	[5:07.11, 5:10.90, 5:06.58, 5:14.53, 5:04.91]
3200m	11:06.04	[11:03.58, 11:05.99, 10:48.53, 10:59.79, 11:32.31]
100m HH	15.64	[15.76, 15.47, 16.30, 15.56, 15.13]
300m IH	46.35	[46.74, 46.12, 46.82, 46.41, 45.64]
4 x 100m	49.60	[49.54, 49.94, 49.20, 49.57, 49.74]
4 x 200m	1:46.06	[1:45.80, 1:45.62, 1:46.56, 1:47.10, 1:45.20]
4 x 400m	4:03.98	[4:05.87, 4:04.88, 4:05.43, 4:01.85, 4:01.89]
High Jump	5'3"	[, 5'2", 5'4", 5'4", 5'4", 5'4"]
Pole Vault	9'11"	[9'6", 10'3", 10'3", 9'6", 10'0"]
Long Jump	17'0"	[17'2", 16'11", 16'4", 17'5", 17'2.25]
Triple Jump	35'10"	[34'7.25", 36'0", 34'7.25", 36'11.25", 37'0.75"]
Shot Put	37'8.75"	[38'3", 37'1.5", 37'9.25", 36'9", 38'10"]
Discus Throw	114'7"	[111'1", 118'5", 116'6", 117'11", 109'4"]
Javelin Throw	115'5"	[126'10", 118'1", 109'7", 109'3", 113'5"]

\* average of past 5 years 4<sup>th</sup> place marks in WCD meet

\*\*last state qualifying mark in WCD meets from 2005 to 2009