

## WIAA DISTRICTS 3 & 4

### 3A TRACK & FIELD

#### 2009 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 4<sup>th</sup> place qualifier to Star Track from the WCD meet over the last five (5) years (2004-2008);
- 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          | 11.32*    | [11.12, 11.40, 11.38, 11.52, 11.19]**         |
| 200m          | 23.13     | [22.74, 23.35, 23.31, 23.41, 22.86]           |
| 400m          | 50.93     | [49.64, 51.51, 52.24, 51.44, 49.84]           |
| 800m          | 2:00.11   | [2:00.21, 2:01.71, 1:59.20, 2:00.43, 1:58.98] |
| 1600m         | 4:26.75   | [4:23.40, 4:31.57, 4:29.77, 4:27.45, 4:21.54] |
| 3200m         | 9:40.86   | [9:46.86, 9:58.99, 9:36.22, 9:26.81, 9:35.41] |
| 110m HH       | 15:71     | [15.36, 15.92, 15.53, 15.97, 15.79]           |
| 300m IH       | 40.83     | [41.16, 41.73, 40.09, 40.60, 40.56]           |
| 4 x 100m      | 43.70     | [43.45, 44.44, 43.91, 43.74, 42.98]           |
| 4 x 400m      | 3:30.38   | [3:31.65, 3:30.30, 3:29.93, 3:27.76, 3:32.26] |
| High Jump     | 6'1"      | [6'2", 6'1", 6'0", 6'0", 6'0"]                |
| Pole Vault    | 12'10"    | [13'0", 12'0", 12'0", 13'6", 13'6"]           |
| Long Jump     | 21' 0.25" | [20'0", 21'2", 20'0.75", 21'10", 22'0.25"]    |
| Triple Jump   | 43'5.5"   | [43'5", 43'11", 43'1.5", 44'1.75", 42'9.25"]  |
| Shot Put      | 49'4.5"   | [48'5", 48'0", 49'0", 50'7.5", 50'10.5"]      |
| Discus Throw  | 143'10"   | [149'6", 135'3", 143'8", 143'11", 146'11"]    |
| Javelin Throw | 170'4"    | [170'0", 170'9", 162'5", 170'11", 177'6"]     |

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### GIRLS

|               |           |  |
|---------------|-----------|--|
| 100m          | 13.00*    | [12.93, 12.94, 13.19, 13.32, 12.61]**              |
| 200m          | 26.71     | [26.62, 26.72, 26.87, 26.76, 26.60]                |
| 400m          | 60.66     | [60.63, 61.95, 60.86, 60.10, 59.78]                |
| 800m          | 2:24.55   | [2:22.52, 2:24.44, 2:28.52, 2:23.75, 2:23.50]      |
| 1600m         | 5:24.94   | [5:29.74, 5:38.27, 5:19.37, 5:14.02, 5:23.31]      |
| 3200m         | 11:37.84  | [11:39.81, 11:58.93, 11:29.43, 11:24.25, 11:36.78] |
| 100m HH       | 16.44     | [16.26, 16.02, 15.72, 17.95, 16.26]                |
| 300m IH       | 47.54     | [47.63, 48.18, 47.00, 47.96, 46.91]                |
| 4 x 100m      | 50.65     | [50.51, 51.47, 50.81, 50.38, 50.07]                |
| 4 x 200m      | 1:48.00   | [1:47.34, 1:48.99, 1:47.38, 1:48.09, 1:48.22]      |
| 4 x 400m      | 4:13.71   | [4:11.95, 4:19.79, 4:16.57, 4:10.20, 4:10.03]      |
| High Jump     | 4'11"     | [5'1", 4'8", 4'10", 4'10", 5'0"]                   |
| Pole Vault    | 9'0"      | [8'0", 8'6", 9'0", 9'6", 9'9"]                     |
| Long Jump     | 15'8"     | [14'11", 15'8.75", 15'6.5", 15'11.5", 16'2.75"]    |
| Triple Jump   | 34'2.25"  | [34'1.5", 33'11", 33'10.75", 33'4.5", 35'7.25"]    |
| Shot Put      | 35'10.75" | [35'4", 35'6", 36'1", 36'3", 36'3"]                |
| Discus Throw  | 110'5"    | [112'3", 109'5", 103'1", 113'9", 113'9"]           |
| Javelin Throw | 113'8"    | [119'2", 110'10", 104'0", 117'2", 117'4"]          |

\* average of past 5 years state qualifying 4<sup>th</sup> place marks

\*\*4<sup>th</sup> place qualifying mark in WCD meets from 2004 to 2008