

WIAA DISTRICTS 3

4A TRACK & FIELD

2009 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 4th 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	11.26*	[11.18, 11.23, 11.15, 11.54, 11.21]**
200m	22.79	[22.39, 22.82, 22.43, 23.25, 23.08]
400m	50.24	[50.04, 50.09, 49.69, 50.54, 50.83]
800m	1:57.47	[1:55.87, 1:57.72, 1:56.61, 1:58.23, 1:58.92]
1600m	4:21.79	[4:21.24, 4:21.35, 4:22.37, 4:20.36, 4:23.65]
3200m	9:25.33	[9:22.24, 9:27.42, 9:20.32, 9:27.61, 9:29.06]
110m HH	15.08	[14.79, 15.00, 15.13, 15.28, 15.18]
300m IH	40.01	[39.00, 40.30, 39.60, 40.68, 40.46]
4 x 100m	43.34	[42.83, 43.39, 43.29, 43.80, 43.40]
4 x 400m	3:25.61	[3:21.82, 3:26.72, 3:25.58, 3:26.54, 3:27.37]
High Jump	6'3"	[6'3", 6'3", 6'3", 6'1", 6'4"]
Pole Vault	12'11"	[12'6", 13'3", 13'3", 13'0", 12'6"]
Long Jump	21'2.25"	[20'8.25", 21'0.25", 21'1", 21'4", 21'10.75"]
Triple Jump	44'9.5"	[45'2", 45'2", 45'0.75", 44'5.25", 44'1"]
Shot Put	52'5.25"	[53'5.5", 53'10.5", 53'0.25", 53'2", 48'7.75"]
Discus Throw	152'4"	[151'7", 157'6", 160'1", 145'7", 146'3"]
Javelin Throw	168'2"	[178'6", 172'6", 163'9", 157'6", 169'0"]

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GIRLS

100m	12.69*	[12.35, 12.55, 12.76, 13.29, 12.52]**
200m	25.93	[25.34, 26.11, 25.84, 26.41, 25.94]
400m	58.93	[58.07, 59.81, 58.63, 59.48, 58.65]
800m	2:18.51	[2:17.41, 2:18.85, 2:18.63, 2:20.59, 2:17.05]
1600m	5:11.02	[5:16.00, 5:07.11, 5:10.90, 5:06.58, 5:14.53]
3200m	11:04.35	[11:23.87, 11:03.58, 11:05.99, 10:48.53, 10:59.79]
100m HH	15.71	[15.48, 15.76, 15.47, 16.30, 15.56]
300m IH	46.53	[46.58, 46.74, 46.12, 46.82, 46.41]
4 x 100m	49.51	[49.31, 49.54, 49.94, 49.20, 49.57]
4 x 200m	1:45.92	[1:44.51, 1:45.80, 1:45.62, 1:46.56, 1:47.10]
4 x 400m	4:03.97	[4:01.81, 4:05.87, 4:04.88, 4:05.43, 4:01.85]
High Jump	5'3"	[5'2", 5'2", 5'4", 5'4", 5'4"]
Pole Vault	10'0"	[10'6", 9'6", 10'3", 10'3", 9'6"]
Long Jump	16'10"	[16'3.75", 17'2", 16'11", 16'4", 17'5"]
Triple Jump	35'7.75"	[36'0.25", 34'7.25", 36'0", 34'7.25", 36'11.25"]
Shot Put	37'6.75"	[37'10.5", 38'3", 37'1.5", 37'9.25", 36'9"]
Discus Throw	116'10"	[120'4", 111'1", 118'5", 116'6", 117'11"]
Javelin Throw	114'11"	[110'10", 126'10", 118'1", 109'7", 109'3"]

* average of past 5 years 4th place marks in WCD meet

**last state qualifying mark in WCD meets from 2004 to 2008