

# NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK

## APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR THE 2010 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: DIVISION 1 AND DIVISION 2.

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT IN EACH DIVISION PROVIDING THEY MEET THE FOLLOWING STANDARDS LISTED BELOW. THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL. ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALIFIER MEET IN THE EVENT THEY WISH TO COMPETE IN AT THE STATE MEET!!

**SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL.**

(REVISED 9/11/09)

|                        | <u>BOYS D1</u>   | <u>BOYS D2</u>     | <u>GIRLS D1</u>    | <u>GIRLS D2</u>    |
|------------------------|------------------|--------------------|--------------------|--------------------|
|                        | HH / FAT         | HH / FAT           | HH / FAT           | HH / FAT           |
| <b>100 Sprint</b>      | 11.0 / 11.24     | 11.2 / 11.44       | 12.4 / 12.64       | 13.0 / 13.24       |
| <b>200 Sprint</b>      | 22.4 / 22.64     | 22.7 / 22.94       | 25.4 / 25.64       | 26.4 / 26.64       |
| <b>400 Dash</b>        | 49.4 / 49.64     | 50.0 / 50.24       | 57.7 / 57.94       | 58.9 / 59.14       |
| <b>800 Run</b>         | 1:56.7 / 1:56.94 | 1:58.7 / 1:58.94   | 2:14.6 / 2:14.84   | 2:20.1 / 2:20.34   |
| <b>1600/1500 Run</b>   | 4:16.6 / 4:16.84 | 4:26.7 / 4:26.94   | 4:37.5 / 4:37.74   | 4:48.2 / 4:48.44   |
| <b>3200/3000 Run</b>   | 9:20.7 / 9:20.94 | 9:34.8 / 9:35.04   | 10:06.5 / 10:06.74 | 10:29.9 / 10:30.14 |
| <b>Steeplechase</b>    | 9:43.9 / 9:44.14 | 10:04.4 / 10:04.64 | 7:07.7 / 7:07.94   | 7:23.8 / 7:24.04   |
| <b>110/100 Hurdles</b> | 15.0 / 15.24     | 15.8 / 16.04       | 15.4 / 15.64       | 16.1 / 16.34       |
| <b>400 Hurdles</b>     | 55.4 / 55.64     | 57.4 / 57.64       | 64.4 / 64.64       | 66.4 / 66.64       |
| <b>Long Jump</b>       | 21' 8.5"         | 20' 11.5"          | 17' 2.5"           | 16' 7.5"           |
| <b>Triple Jump</b>     | 45' 6.5"         | 42' 10.5"          | 36' 10.5"          | 35' 1"             |
| <b>Shot Put</b>        | 51' 5.5"         | 48' 11.25"         | 38' 10"            | 34' 9"             |
| <b>Discus</b>          | 151' 3"          | 145' 0"            | 119' 3"            | 107' 1"            |
| <b>High Jump</b>       | 6' 2"            | 5' 11"             | 5' 2"              | 5' 0"              |
| <b>Pole Vault</b>      | 13' 6"           | 12' 9"             | 10' 6"             | 9' 6"              |
| <b>Pentathlon</b>      | 3090 pts.        | 2870 pts.          | 2850 pts.          | 2590 pts.          |
| <b>400 Relay</b>       | 42.9 / 43.14     | 44.2 / 44.44       | 48.9 / 49.14       | 50.6 / 50.84       |
| <b>1600 Relay</b>      | 3:21.1 / 3:23.34 | 3:28.5 / 3:28.74   | 3:58.3 / 3:58.54   | 4:07.5 / 4:07.74   |
| <b>3200 Relay</b>      | 7:58.4 / 7:58.64 | 8:14.4 / 8:14.64   | 9:18.0 / 9:18.24   | 9:50.7 / 9:50.94   |

(FIRST TIME LISTED IN EACH COLUMN IS HAND HELD, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6th. PLACE IN THE FINALS FROM 2005 THROUGH 2009.