

HHSAA Track and Field Standards for 2009

Boys Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	143' 09"	134' 10"
Shot Put	48' 01.00"	44' 08.50"
Long Jump	20' 10.25"	20' 06.25"
Triple Jump	42'02.25"	40.10.50
High Jump	6' 00.00	5' 10.00"
Pole Vault	12' 06.00"	12' 00.00"

<u>Running Events</u>	Electronic Time Standards (F.A.T.)		Hand Time Standards	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110 Hurdles	16.04	16.44	15.8h	16.2h
100 Dash	11.24	11.44	11.0h	11.2h
1500 Run	4:24.14	4:30.14	4:23.9h	4:29.9h
4 x 100 Relay	45.14	45.94	44.9h	45.7h
400 Dash	52.14	53.64	51.9h	53.4h
300 Hurdles	42.04	42.94	41.8h	42.7h
800 Run	2:04.54	2:06.84	2:04.3h	2:06.6h
200 Dash	23.04	23.54	22.8h	23.3h
3000 Run	9:42.24	10:02.24	9:42.0h	10:02.0h
4 x 400 Relay	3:34.64	3:43.24	3:34.4h	3:43.0h

Girls Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	112' 05"	99' 07"
Shot Put	33' 09.25"	31' 07.50"
Long Jump	15' 11.75"	15' 03.50"
Triple Jump	33' 08.00"	32' 00.00"
High Jump	4' 10.00"	4' 08.00"
Pole Vault	9' 00.00"	8' 00.00"

<u>Running Events</u>	Electronic Time Standards (F.A.T.)		Hand Time Standards	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100 Hurdles	17.14	18.04	16.9h	17.8h
100 Dash	12.94	13.24	12.7h	13.0h
1500 Run	5:13.24	5:29.44	5:13.0h	5:29.2h
4 x 100 Relay	52.74	54.94	52.5h	54.7h
400 Dash	1:02.74	1:03.84	1:02.5h	1:03.6h
300 Hurdles	49.44	52.34	49.2h	52.1h
800 Run	2:30.14	2:34.84	2:29.9h	2:34.6h
200 Dash	26.84	27.64	26.6h	27.4h
3000 Run	11:49.84	12:16.84	11:49.6h	12:16.6h
4 x 400 Relay	4:21.44	4:36.34	4:21.2h	4:36.1h