

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK

APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR THE 2013 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 9/9/12)

	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
	HH / FAT	HH / FAT	HH / FAT	HH / FAT
100 Sprint	11.0 / 11.24	11.2 / 11.44	12.5 / 12.74	12.8 / 13.04
200 Sprint	22.2 / 22.44	22.7 / 22.94	25.4 / 25.64	26.4 / 26.64
400 Dash	49.4 / 49.64	50.1 / 50.34	57.4 / 57.64	58.3 / 58.54
800 Run	1:55.0 / 1:55.24	1:57.9 / 1:58.14	2:14.9 / 2:15.14	2:17.8 / 2:18.04
1600/1500 Run	4:16.5 / 4:16.74	4:23.1 / 4:23.34	4:36.9 / 4:37.14	4:46.3 / 4:46.54
3200/3000 Run	9:20.5 / 9:20.74	9:31.8 / 9:32.04	10:03.0 / 10:03.24	10:21.7 / 10:21.94
Steeplechase	9:42.0 / 9:42.24	9:52.3 / 9:52.54	7:05.3 / 7:05.54	7:20.9 / 7:21.14
110/100 Hurdles	14.9 / 15.14	15.6 / 15.84	15.5 / 15.74	16.3 / 16.54
400 Hurdles	55.5 / 55.74	56.8 / 57.04	63.4 / 63.64	66.5 / 66.74
Long Jump	21' 11"	21' 4"	17' 5"	17' 0"
Triple Jump	45' 11"	43' 11"	37' 3"	36' 3"
Shot Put	51' 2"	49' 5"	38' 3"	35' 7"
Discus	150' 2"	143' 1"	116' 1"	106' 5"
High Jump	6' 3"	6'	5' 3"	5' 0"
Pole Vault	13' 9"	12' 9"	10' 6"	10' 0"
Pentathlon	3160 pts.	3000 pts.	2920 pts.	2620 pts.
400 Relay	42.8 / 43.04	44.0 / 44.24	49.0 / 49.24	50.5 / 50.74
1600 Relay	3:21.7 / 3:21.94	3:28.5 / 3:28.74	3:57.6 / 3:56.84	4:05.9 / 4:06.14
3200 Relay	7:52.8 / 7:53.04	8:08.7 / 8:08.94	9:15.1 / 9:15.34	9:39.5 / 9:39.74

(THE FIRST TIME LISTED 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 2008 THROUGH 2012.