

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2011 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 I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD 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 QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0/11.24	11.2 / 11.44	12.4 / 12.64	13.0 / 13.24
200M DASH	22.4 / 22.64	22.7 / 22.94	25.4 / 25.64	26.4 / 26.64
400M DASH	49.4 / 49.64	50.0 / 50.24	57.7 / 57.94	58.9 / 59.14
800M RUN	1:56.5/ 1:56.74	1:58.3 / 1:58.54	2:15.0 / 2:15.24	2:19.5 / 2:19.74
1600/1500M RUN	4:15.9/ 4:16.14	4:25.2 / 4:25.44	4:36.9 / 4:37.14	4:46.2 / 4:46.44
3200/3000M RUN	9:20.3/ 9:20.54	9:33.8 / 9:34.04	10:04.6/ 10:04.84	10:24.8/ 10:25.04
STEEPLECHASE	9:43.3/ 9:43.54	10:01.3/ 10:01.54	7:08.2 /7:08.44	7:22.0/ 7:22.24
HIGH HURDLES	15.0 / 15.24	15.8 / 16.04	15.4 / 15.64	16.1 / 16.34
400M HURDLES	55.4/ 55.64	57.4 / 57.64	64.4/ 64.64	66.4/ 66.64
LONG JUMP	22' 00"	21' 10.5"	17' 00.5"	16' 09"
TRIPLE JUMP	45' 07.5"	43' 02"	36' 09.5"	35' 04"
SHOT PUT	51' 06.5"	49' 07.75"	39' 00"	35' 02"
DISCUS	151' 08"	145' 09"	117' 11"	108' 06"
HIGH JUMP	6' 03"	6' 00"	5' 02"	5' 00"
POLE VAULT	13' 06"	12' 09"	10' 06"	9' 06"
PENTATHLON	3110 PTS.	2940 PTS.	2850 PTS.	2590 PTS.
400M RELAY	42.9 / 43.14	44.2 / 44.44	48.9 / 49.14	50.6/ 50.84
1600M RELAY	3:21.9/ 3:22.14	3:27.8 / 3:28.04	3:57.2/ 3:57.44	4:06.6/ 4:06.84
3200M RELAY	7:55.9/ 7:56.14	8:12.5 / 8:12.74	9:15.2 / 9:15.44	9:49.4 / 9:49.64

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, 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 2006 THROUGH 2010.

REVISED 9/12/10