

HHSAA Track and Field Standards for 2016

BOYS STANDARDS

<u>Auto Standard</u>	<u>Cons Standard</u>
144-04	128-04
47-05.25	44-01.75
21-02.25	19-06.50
42-03.25	39-00.00
6-00	5-08
13-00	11-06

Field Events

Discus
Shot Put
Long Jump
Triple Jump
High Jump
Pole Vault

GIRLS STANDARDS

<u>Auto Standard</u>	<u>Cons Standard</u>
111-06	95-05
36-01.50	31-08.75
16-05.50	15-04.75
34-06.50	31-11.50
5-02	4-10
10-00	8-06

<u>Auto Standard</u>	<u>Cons Standard</u>
15.24	16.94
11.14	11.54
4:17.34	4:28.64
44.14	46.84
51.94	53.44
40.84	43.84
2:03.44	2:07.84
22.74	23.54
9:35.34	9:58.84
3:37.84	3:50.84

Running Event

110m Hurdles
100m Dash
1500m Run
4 x 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3000m Run
4 x 400m Relay

<u>Auto Standard</u>	<u>Cons Standard</u>
16.44	18.04
12.84	13.34
5:03.14	5:19.64
51.34	54.74
1:00.44	1:03.84
48.84	51.74
2:27.14	2:33.64
26.64	27.74
11:09.74	11:58.84
4:17.44	4:36.64

NOTE: All Running Standards must be Electronically Timed (F.A.T.) - Hand Times will not be accepted.